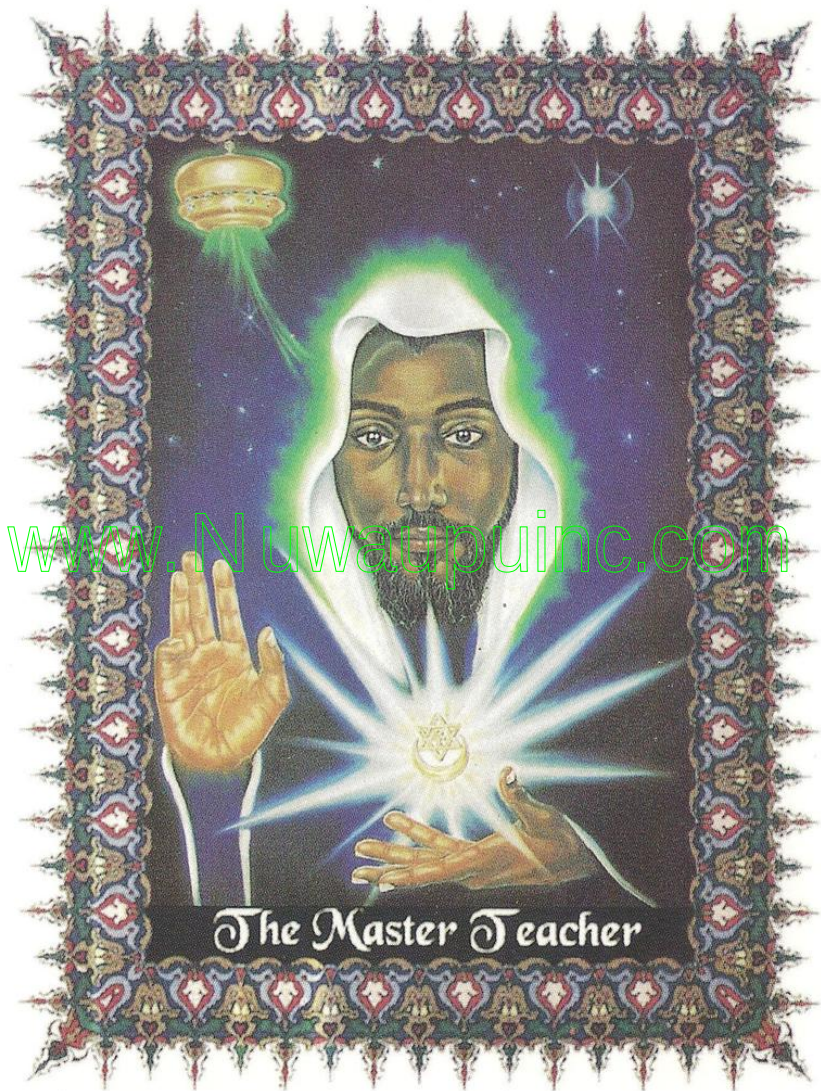


The Mind

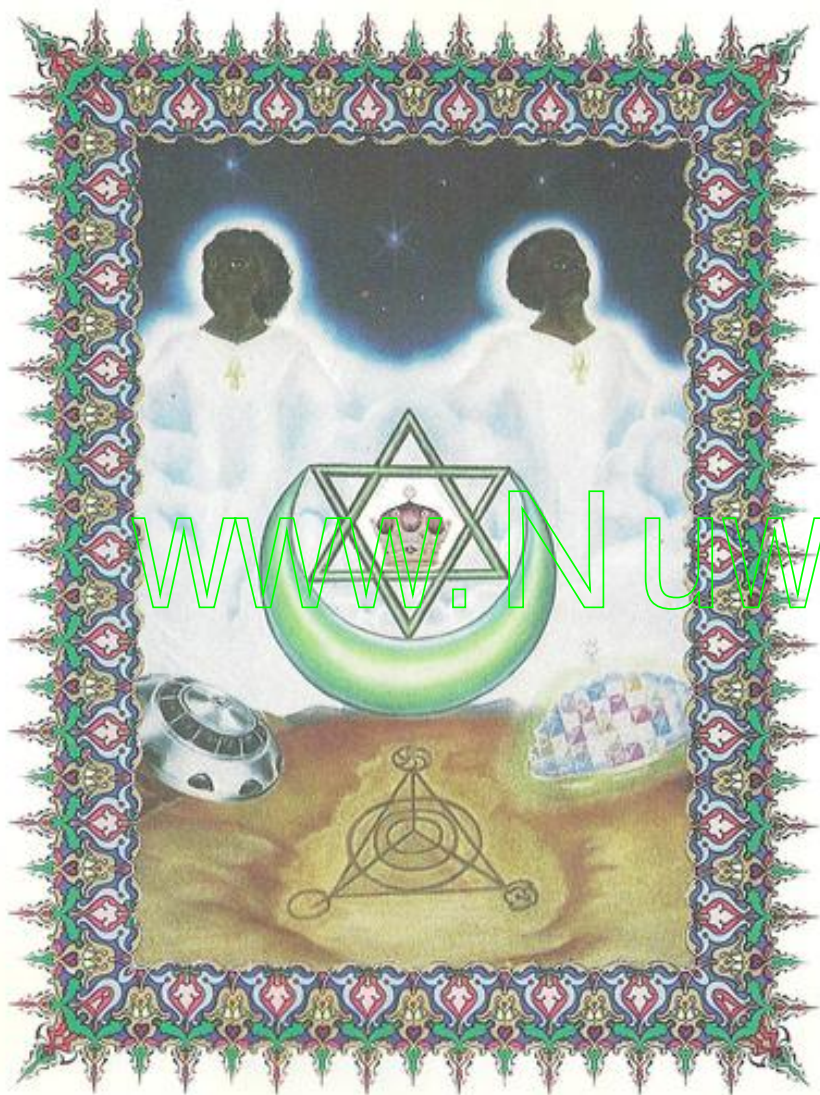


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The Mind... Inscribed By: Dr. Malachi Z. York



The Master Teacher



The Mind

Presented To

From

Occasion

Date

*Don't Try To Change The Wind Or The Sea,
Just Change The Sail!*

~The Holy Tablets~

*Within The Confines Of These Pages
There Are Facts Beyond Any Doubts,
Thus, Begin All Acts And Thinking By
Using El Kufuuum, The All*



*I Came Giving You What You Want
So You Would Learn To Want
What I Have To Give*

A Personal Note From The Inscriber

I, Your Master Teacher, **Dr. Malachi Z. York**, Am Calling You To Accept This Wisdom, That I Have To Give You. Of The Many Teachings That I Have Inspired You To Learn, The Mind Is One Of The Greatest, For It Was A Special Gift Given To You By The **ANUNNAQI, ELOHEEM**, Angelic Beings Who Art Your Descendants Down To You, However You Refer To Them As Your Ancestors. This Scroll Is A Revised Copy Of The Original Scroll, Called *The Mind*. The Reason Why I Am Bringing It Forth To You Again, Is Because The First Time I Let It Out, It Inspired Many Of Thousands Of Minds Out There, So I Give It To You Again, In A Scriptural Form, So That Ye May Overstand It More Fully. Make Note That All Of The Quotes In This Scroll Is Coming From The Original, Aramic (Hebrew), Greek And Ashuric/Syriac (Arabic) Languages And In The Original Chapter And Verse Order. However You May Also Refer To Your Bible, Koran Etc. For The New Order For These Quotes. Also Make Note, That The Foreign Words Used In This Scroll Is Coming From Our Divine Language Called Nuwaubic. The Reason For This, Is

So That You May Learn To Speak Your Own Language, Without Other Translations. This Is Your First Step.

Children Of **THE MOST HIGH**, All Of You **NUWAUBIANS**, This Scroll's Purpose, Is To Guide. To Improve Your Everyday Living, Everyday Emotions, Everyday Sayings Etc. Know That I Am Here To Guide To Break **The Spell Of Leviathan (Kingu)** And Put You Back On The Right Path, So Harken Unto All Of My Words, However It Is Only Those Who Want To Listen To Me, And Follow My Teachings. This Is One Of Divine Inspirations, Along With *The Book Of Light*, By **Dr. Malachi Z. York**, **The Raatib Of The Mahdi, The Prophet**, By **Khalil Gibran**, Etc., Which Was All Sent To You For Proper Guidance, And For Keeping The Remembrance Of **THE MOST HIGH**, Within Your Mind, Body, And Heart. Make The Teachings Of This Scroll A Part Of Your Everyday Life, Don't Just Read It And Put It Down, Study It Intensively, And By All Means, Give It To A Friend, Or Child, Or Parents, Who Are In Need. This Is Universal Knowledge, Which I Send Forth To You All.

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Scroll 1:10

Scroll 1:20

THEOS, Or God To Many.

11 All Within The EL KULUWM, THE ALL.

12 Within The Confines Of These Pages, You Shall Embark Upon The Knowledge Of The Mind,

13 Which Is Working With The Brain And The Nervous System.

14 Three Out Of Your Whole Body And Being.

15 The Brain Is One Of The Most Intricate Of Organs Within Itself,

16 And Was Created By EL ELOH, The Most High.

17 This Knowledge Which I Am Giving To You, Has Never Before Been Taught To You By Any.

18 Remember, My Dear

Nuwaubian, With Right Knowledge, You Receive Right Wisdom, And A Right Overstanding Over All.

19 This Is The Science Of Your Way Of Life, NUWAUBU,

The challenge then, dear Enosite, is to gain control of the mind, by methodically slowing down its continuous ramblings. The internal dialogue, and focusing on positive and uplifting objectives; it is possible to begin to overstand the workings of the psyche and bring about a more effective life.

20 Which Is The Millah Of The ANUNNAQI, The ELOHEEM.

Scroll 1:21

Scroll 1:33

21 Let Me Begin By Giving You The Nature Of The HUMIM,

22 Who Is The Mortal Man, The Human Being, Known As The ENOSITES,

Free Will Does Exist, But Only When It Is Used To Break Out Of Malevolent (Disagreeable, Bad) Habits That Have Been Developed In Life.

23 The Children Of Enos, The Son Of Seth, Who Is Called In Tones Sheth, And In Rhythm Shiyth, And His Wife Aqlimiyah.

24 Oh Ye Children Of Enos, Know That Ye All Have Fell From Being To Supreme Being,

25 To Human Being, To Human,

26 To Man, To Mortal, 27 To Mammal, Don't Fall Any Further, My Children.

28 Study This Small Scroll.

29 When The ENOSITES Searches For Happiness, They Invariably Turn To External Objects And Events For Satisfaction.

30 They Merely Think, "If I Can Just Have That Car",

31 Or "If I Were Just Able To Get That Job,"

32 Or "If I Only Lived Here Or There, Then I Would Be Happy."

33 They Have No Perception Of The Fact, That The Mind May Be

Scroll 1:33

Scroll 1:44

Still And At Peace For A Short Time On Attaining The Desired Object,

34 But Eventually, The Mind Becomes Tired Of Its Newly Made Toy, And Seeks Treasure Elsewhere Still In Search Of Happiness.

35 However, Know This My Child; Each Time The External Objects Fail To Bring Happiness,

36 The ENOSITE May Acquire New Material Possessions,

37 A Position With More Responsibility, Money And A New Dream Home,

38 Being Locked In Person, Place, And Things.

39 However, My Child, There Always Remains

The Same Mind!

40 However Your Mind Is An Elusive Animal To Tame.

41 Many A Theories Exist As To How It Works, Yet The Human Process Seems To Remain Intangible.

42 Why Does One So Often Find Him Or Herself Caught In The Same Frustration, And The Same Problems?

43 It Is Said That This Is A FREE Society, But In Truth, It Is Each ENOSITE's Own Desires And Emotions That Blind The ENOSITE.

44 Consider This Enosite; A Person Who Smokes Cigarettes Daily, Claiming They Are Determined To Stop "Tomorrow,"

Scroll 1:45

Scroll 1:58

45 How Many Years Has The ENOSITE Been Caught In This Parade?

46 The ENOSITE Truly Wants To Be Free Of The Habit,

47 But Lacks The Necessary Control Of His Or Her Own Mind.

48 In A Sense, The Mind Is Like A Record Or Laser Disc.

49 It Contains Grooves, Or Impressions.

50 These Impressions Are Formed When Certain Thought Waves Become Habitual.

51 The Benevolent Example Would Be, "If An ENOSITE Passes A Bakery And Sees A Chocolate Cake In The Window,

52 "How Delicious, The

ENOSITE Says; I Will Buy That Cake."

53 If He Or She Ignores That Thought Wave And Turns His Or Her Mind To Something Else, Then No Pattern Is Formed.

54 However If He Or She Identifies With The Thought,

55 The ENOSITE Gives Life To It.

56 The ENOSITES Buys The Cake, Looking Forward To Enjoying It As Dessert That Evening.

57 Now, Suppose The ENOSITE Finds He Or She Must Pass That Same Bakery Every Wednesday And Friday.

58 Each Time The ENOSITE Goes By, He Or She Recalls That Wonderful Cake Again,

Scroll 1:59

59 And Purchases
Another.

60 Now Ponder This:
What Was Originally
Just A Flash In The
Mind Has Become A
Force In His Or Her
Life.

61 Grooves In The Mind
Are Not Necessarily
Negative.

62 There Can Be
Grooves In The Mind
Which Are Uplifting,

63 And There Are Those
Which Brings One Down.

64 There Must Be A
Striving To Develop Love,

65 Compassion,

66 A Sense Of Service,

67 Cheerfulness,

68 Kindness,

69 And Many Other
Qualities,

70 Which Not Only

Scroll 1:76

Make One's Own Life
Happy,

71 But Which Radiates
To Others.

72 Everyone Wants To Be
His Or Her Best.

73 Each Person Would
Like To Think That He
Or She Is Perfect.

74 Yet, Despite Repeated
Resolutions, Every Person
Finds So Many Times
Being Less Than What He
Or She Would Like To Be.

75 The Cause Of This
Predicament Is The
"EGO," or the Ankee
(אנכי) In Aramic Hebrew,
Or Al That (الذات) In Syriac
Arabic, And Ego (Εγω) In
Greek. And As We Say In
Nuwaubic Thut (ᠨᠤᠠᠪᠢᠴᠢᠲᠤ).

76 The EGO, My Child
Is The Cause Of All
Bondage And Is The Chief

Scroll 1:76

Barrier To The Experience
Of Reality.

*Mine Your Mind For
The Jewels Of Your
Soul*

*Scroll Two
The Ego
(19x1=19)*

Lo Nuwaubians, One
Of The Schools,
Which I, Your
Master Teacher, Known
As The Reformer, Al
Mujaddid, Al Mukhlus,
Yaanuwn, Rabboni, Al
Imaam, And Melchizedek.
I Have Many Names For
The Many Cloaks I Wear.
I Must Take You
Through, Is The School
Of The Ego.

2 Know Ye That, This Is

Scroll 2:7

One Of The Hardest
Attribute To Destroy.

3 This Is The Attribute
That Is Carried Out
Mostly By The Evil
Reptilian One, Sama'el,
Also Known As Zuen, Or
The Devil,

4 He Who Is The Son Of
Shakhar And Mylitta.

5 Reject Him And His
Attributes,

6 And Let Him, Or His
Followers Not Into Your
Hearts, For He And They
Would Only Lead You
Through The Doors Of
Misery.

7 However, Through The
Teachings Of The Ancient
Mystic Order Of
Melchizedek, Also
Known As A.M.O.M,
You Can Learn How To
Burn Out The Ego.

Scroll 2:8

Scroll 2:19

8 Through The Journey Of This Scroll, I Will Impart Upon Your Minds The Works Of The EGO.
9 The EGO, Is The Self-Arrogating Aspect Of The Mind.

It Is The Ego Which Separates The Individual From Unity With Others And Within Him Or Herself. For The Ego Asserts "I-Ness"***

10 The Ego Is The Greatest Obstacle To Obtaining Peace,
11 For It Is That Which Occupies The Mind With Whether We Are Better Or Worse,
12 Possess More Or Less, And Have Greater Or

Lesser Power Than Others.

13 The Ego Is Attended By Desire,

14 Pride, Anger, Delusion, Greed, Jealousy,
15 Lust, Hatred, Racism,
16 And Leadership.

17 The Ego Is The Most Difficult Aspect Of The Mind To Control,

18 For Its Nature Is Such That It Deludes Even While One Is Striving To Overcome It.

19 When The Ego Is Subdued, Energies Can Then Be Utilized Constructively For Personal Growth And The Service Of Others.

Mine Your Mind For The Jewels Of Your Soul

Scroll 3:1

Scroll 3:12

Scroll Three "The Power Of Thought" (19x3=57)

All Of Ye,
Lo! ENOSITES Projects Some Kind Of Vibration To Those Around Thee.

2 Some Are A Pleasure To Be With.

3 They Seem To Have A Certain Energy That They Share With Others.

4 Then There Are Those Who Are Absorbed, By The Negative And The Depressed,

5 And They Seem To Actually Draw Energy Out Of People In Their Environment.

6 The Reason For This My Child; Is Because;

There Is A Power Contained In Thought.

7 Know Ye That It Is Very Subtle,

8 Yet, It Does Exist And It Is Extremely "Powerful."

9 Whether A Person Is Aware Of It Or Not, The ENOSITE Is Constantly Transmitting And Receiving Thoughts.

10 This My Child, Is Why People Have Experiences Of What You Call ESP, Or *(Extra Sensory Perception) From Time To Time.

11 Some Wish To Call These Experiences Coincidences, But They Are Not.

12 Every Thought Has Weight, Shape, Size, Form, Color, Quality,

Scroll 3:12

And Power.

13 For Example, A Spiritual Thought Has A **Yellow Color**.

14 While Yet, A Thought Charged With Anger And Hatred Bears The Color **Red**.

15 A Thought Is Like An Object.

16 Just As An Apple Can Be Given To Your Friend, Or Taken Back,

17 So Also It Is Possible To Give A Useful Powerful Thought To Someone And Take It Back.

18 There Is A Power, An Energy, Into Which Each Person Can Tap If The **ENOSITE** Only Knows It Is Available To Them.

19 This Force Inspires, Encourages, Reinforces,

Scroll 3:25

20 And Gives Strength To All Those Who Seek To Grow In A Positive Direction.

21 Many A **Enosites** However, Are Unaware Of This Resource,

22 Or They Have Misconceptions About It.

23 They Are Like The Farmer Who Moved To A House In The City,

24 And Live In Darkness Because He Or She Did Not Know What Those Strange Sockets In The Walls Were.

25 The Light Is There And Available To All:

"The Light Shineth In The Darkness. But The Darkness Comprehended It Not" (John 1:5).

Scroll 3:26

26 We Need Only To Connect Ourselves With The Current. Become A Child Of Light.

27 That Literally Means That "The Light Force Shine In The Darkness And The Darkness Has Never Been Able To Put It Out, Or Comprehend It".

And Again In El's Qur'aan, The 57th Chapter, The 28 Verse, Originally (94:28) In Part It Says:

He Will Provide For You A Light By Which Ye Shall Walk (Straight In Your Path)...

And Also In Daniels The First Degree, The Twenty Second Verse, Which Was Given To Our Prophet

Scroll 3:31

Daniel The Son Of Jarah And Gebbar, Where It Says:

He Reveals Deep And Secret Things' He Know What Is In The Darkness. And Light Dwells With Him.

"The Law Of Fate (Gadar)"

28 The Law Of Fate, My Child There Is A Law In Physics That States,

29 "For Every Action There Is An Equal Opposite Reaction."

30 To Express It Popularly, It Is Said That What Goes Around, Comes Around."

31 **YASHUA** Ha Mashiakh Whom Ye Christians Call Jesus, And

Scroll 3:31

Ye Muhammadan Call Isa,
Who Is Known Spiritually
As SANANDA Taught,
Do Unto Others As You
Would Have Them Do
Unto You.

32 These Are All
Expressions Of The Law
Of Fate, Of Cause And
Effect.

33 Whatever Thought Or
Deed Comes From A
Person Will Be Returned
To The ENOSITE.

34 It May Not Come In
The Same Form,

35 But Sooner Or Later
Each Person Will
Confront The Result Of
His Or Her Own Actions.

A Generous And Giving
Person Immediately
Draws A Response Of

Scroll 3:42

Warmth And Love. If
The Person Is Hateful,
He Or She Will Be
Disliked- Until He Or
She Removes This
Negative Quality.
This-Is-Law.

36 These Reactions Are
Not Always Experienced
Immediately.

37 Sometimes Enosite,
38 Reactions Are Not
Easily Learned,

39 And Negative Patterns
May Be Concentrated For
Many Years.

40 A Single Lifetime My
Child,

41 May Not Be Sufficient
For One To Obtain
Perfection.

42 Some People Create A
Hell For Themselves.

Scroll 3:43

43 This Is Why Some
People May Have It Hard;
44 And Others Have It
Easy.

45 One Healthy And
Another Is Crippled.

46 One Is Cheerful And
Another Depressed. One
Extroverted And The
Other Introverted. One
Successful And The Other
Unsuccessful.

47 It Is Neither Cruel
Fate, Nor A Distant And
Unconcerned Fate,

48 That Set The Stage For
These Situations,

49 But One's Own Fate,
You.

50 As Revealed To Our
Servant Ahmad,

51 Who Is Called In
Tones Akhmad,

51 And In Rhythm
Muhammad,

Scroll 3:57

52 Who Is The Son Of
Abdullat And Amina,

53 It Is He Who Received
El's Qur'aan From The
Anunnaqi Eloheem
Nusqu,

54 He Who Bears The
Title Gabri'el,

55 The Son Of Rasi'el
And Zamma'el,

56 Where It States In The
Original Order The 92nd
Chapter, The 79th Verse
In Part:

Whatever Good
Happens To You, It Is
From The Source.
Allah. And Whatever
Evil Happens To You,
So It Is From Nafsika
Your Ownself; ...

57 An ENOSITE'S Life
Is His Or Her Own

Scroll 3:57

Scroll 4:11

Responsibility.

**Mine Your Mind For
The Jewels Of Your Soul**

Scroll Four
"Health & Relaxation"
(19x3=38)

Lo! Oh My Children,
2 What I Must
Impart Upon Your
Minds Is The Importance
Of A Healthy, Mind,
Body And Soul, And A
Proper Relaxation.
Remember My Child, The
Very Words Healthy And
Health Begins With The
Word Heal. To Heal
One's Self Is Step One. To
Heal One's Mind Will
Heal One's Whole Body.
And Relaxation Is Simply
To Learn To Relax.

3 What Ye Must Always
Remember Is:

4 By Taking Proper Care
Of Your Physical Body,
You Are Protecting Your
Inner Spirit,

5 And By Poisoning Your
Physical Body, Be It
Through Drugs, Alcohol,

6 Cigarettes, Junk Food,
7 Sugars, Or Salts, And I
Can Go On.

8 You Are Doing Serious
Harm To Your Spirit,
And It Becomes Weaker
And Weaker.

9 Through The Teachings
Of The Ancient Mystic
Order Of Melchisedek,
A.M.O.M.,

10 You Will Be Taught
On How To Nourish
Your Body As Well As
Your Soul.

11 Know Ye That, Proper

Scroll 4:11

Scroll 4:23

Exercise, Proper
Breathing,

12 Proper Relaxation,
Proper Diet, An Intake Of
Much Water,

13 And Positive Thinking
Are The Requisite
Attendant That Lead To A
Healthy, Dynamic, And
Effective Existence.

13 Proper Relaxation Is
Needed To Maintain
Mental, Spiritual, And
Physical Health.

14 Many Of Ye Think
That Relaxation Involves
Leaving Home For Some
Exotic Place,

15 Where The Mind And
Body Are Ceaselessly
Pumped With Stimulants
And Depressants;

16 And A Full Range Of
Other Damaging Delights.

17 True Relaxation

Comes From Removing
The Stimuli Visual Edible
And Otherwise;

18 And Tuning Into The
Inner Awareness.

19 Like Any Piece Of
Sturdy Machinery,
ENOSITE'S Physical And
Mental Bodies Can Take
Quite A Bit Of Abuse
Before Giving Any Signs
Of Protest.

20 Unfortunately, In
Western Thinking It Has
Become A Practice To
Ignore The Basic Rules Of
Health,

21 And To Think That A
Pill Here Or There Which
Relieves Symptoms;

22 Will Actually Bring
About Well-Being, Quite
The Opposite Is True.

23 Pain In The Body Is A
Warning,

Scroll 4:24

24 Like A Red Light On
The Instrument Panel Of
A Car.

25 Taking This Or That
Compound Of Chemicals
To Remove The
Symptoms Is The Same As
Taking A Hammer And
Breaking The Red Light.

26 It Does Nothing To
Solve The Problem.

27 And In Fact May
Make It Worse,

28 While Only Giving
The Appearance Of
Helping.

29 Many Chemicals
Ingested Are Not Useful
To The Body, And
Cannot Be Eliminated,

30 And Are Therefore
Merely Stored.

31 The Medicines
Accumulate, Along With
The Food Additives That

Scroll 4:37

Are Eaten In Such
Abundance,

32 On The Average Of 25
Pounds Per Person, Per
Year.

33 And They Combine
With Each Other To
Literally Poison The
System.

34 The Effects May Not
Be Felt For Many Years.

35 This Does Not Mean,
That There Is No Need
For Modern Medicine, Yet
Herb Of Your Own Is
Much Better.

36 But Often Doctors Are
Considered To Have Some
Form Of Absolute
Knowledge.

37 Too Often, Frequent
Visits To The Local GP
(General Practitioners)
Specialist, Or

Psychologist Are

Scroll 4:37

Substituted For Living A
Healthy Life.

38 Most Of The Diseases
Of The Mind And Body
Can Be Eliminated By
Following The Five Basic
Points.

A- Proper Exercise

B- Proper Breathing

C- Proper Relaxation

D-
Proper Diet With
Much Water.

E- Positive

Thinking- Prayer And
Meditation

Mine Your Mind For
The Jewels Of Your Soul

Scroll 5:6

Scroll Five
"Diet"

(19x5=95)

Lo! Thou Should
Ponder On Taking
Proper Diet For
Thy Self,

2 Which Ye Can Also
Learn Through The
Teachings Of The Ancient
Mystic Order Of
Melchizedek,

3 Improper Diet Is
Another Hindrance To
Spiritual Progress.

4 All Foods Have
Distinct Energies.

5 Just As The Physical
Body Is Formed From The
Gross Physical Portions
Of The Foods That Are
Eaten.

6 So The Mind Is Formed
From The More Subtle

Scroll 5:6

Scroll 5:25

Portions.
 7 If The Food Is Impure, The Mind Also Becomes Impure.
 8 Cigarettes, Liquor, Narcotics, And Fast Foods
 9 And Too Much Meat Are The Most Detrimental, In Fact Meat At All.
 10 Meals Should Be Simple, Light,
 11 And Nutritious.
 12 Seafood, My Child Is Healthy, However None In Excess.
 13 Most People Eat Far More Than Is Necessary,
 14 Merely Out Of Habit Or For A Sense Of Gratification.
 15 An Immoderate Diet Is The Cause Of The Great Majority Of Diseases,
 16 Which Are Encountered In Modern Society.
 17 The Mind Is Always Looking For An Excuse To Avoid Discipline.
 18 Ye Must Always Listen To The Inner Voice Of The Self.
 19 There Is Two Sides To You.
 20 180 Degrees Of Agreeable And 180 Degrees Of Disagreeable.
 21 One Percent Is All That Is Needed To Shift Your Emotion.
 22 181 To The Left Start The Path Of Disagreeable Action, Or Very Agreeable.
 23 You Are In Control.
 24 Listen To The Voice Of Agreeable Things.
 25 Rather Than To The

Scroll 5:25

Scroll 5:41

Complaints Of The Disagreeable Mind.
 26 What Goes Into The Human Body Correlates Directly To The Efficiency With Which The Brain Functions.
 27 Recent Studies Show That Certain Red Food Coloring Creates Hyperactivity In Children,
 28 And That Refined Sugar Can Cause Emotional Instability. And This Is What Most Start Their Children On.
 29 These Are Just Two Examples Of The Substance That Are Heedlessly Consumed;
 30 Without Overstanding The Effect On The Body And Mind.
 31 Each Of Which Have Two Parts.
 32 The Body Is 1. Voluntary, 2. Involuntary,
 33 That Which You Control And That Which Takes Control Of Itself.
 34 And Of The Mind: One Good And Two Evil, Which Also Try To Take Control.
 35 Many Intakes Are Bad, Although Not Categorized As Harmful Foods.
 36 These Substances Should Be Strictly Avoided:
 37 Marijuana
 38 Cigarettes
 39 Alcohol, Drugs
 40 There Is A Growing Awareness That Our Health Is Directly Affected By What We Eat.
 41 Almost Any Disease Can Be Cured By Either A

Scroll 5:41

Change In Diet, Or A
Short Period Of Fasting,
42 And With No
Medication At All.

43 This Is Not Only True
Of Physical Disorders,
44 But Of Many Mental
Difficulties As Well.

45 It Is Particularly
Important That Pregnant
Mothers Have This
Awareness.

46 For Too Often They
Do Not Realize The Effect
Of Their Diet On The
Developing Fetus.

47 Contrary To The
Popular Concept, It Is Not
Vegetarians Who Do Not
Get Enough Protein,

48 But Rather Heavy
Meat-Eaters Who Take In
An Excess Of Protein.

49 "Animal Protein
Contains A High

Scroll 5:56

Concentration Of Uric
Acid,

50 Which Is A Nitrogen
Compound Similar To
Ammonia.

51 It Is Not Water
Soluble And Cannot Be
Broken Down By The
Liver.

52 Thus, Though A
Certain Amount Is
Eliminated,

53 The Greater Portion
Of Uric Acid Is Deposited
In The Joints.

54 The Results Of This Is
Referred To As Arthritis.

55 Hardening Of The
Arteries And Heart
Disease Are Two Of The
Most Common Maladies
In The Western World,

56 Where The Greatest
Amount Of Meat Is
Consumed.

Scroll 5:57

57 The Culprit, My
Child; Is "Cholesterol"
Which Also Cannot Be
Eliminated From The
Body.

58 And Thus Forms Fatty
Deposits Along The Walls
Of The Heart And
Arteries,

59 Gradually Thickening
Until They Are Clogged
And Inflexible.

60 The Major Source Of
Cholesterol Comes From
The Hundreds Of Pounds
Of Animal Tissue And It's
Fats That Each Person
Consumes Each Year.

61 Heart Disease,
Hardening Of The
Arteries, And Arthritis
Are Common Infirmities,

62 However The One
That Strikes The Most
Fear In The Hearts Of

Scroll 5:68

Westerners Is Cancer.

63 Many Substances Have
Been Found To Create
Cancer In Animals,

64 However, Results
Always Seems To Indicate
That The Amount
Consumed By The
Average Person Is
Insufficient To Create
Cancer.

65 What Is Not Revealed
Is That The Accumulation
Of These Poisons Over A
Period Of Years Does
Create Cancer.

66 These Substances Are
Innumerable Chemicals
That Are Injected Into
Animals.

67 These Increase Weight
To Yield More Dollars Per
Animal.

68 Nitrites, Food
Coloring, Artificial

Scroll 5:68

Hormones,
 69 And Even Arsenic Are
 Among The Chemicals
 Contained In Animal
 Flesh By The Time It
 Goes On The
 Supermarket Shelf,
 70 These Plus The Many
 Other Additives
 Consumed By Members
 Of An Industrialized
 Society,
 71 Collect In The Body
 And Are Stored In The
 Tissues.
 72 Cancer Occurs When
 The Cells React To These
 Excessive Toxins In A
 Sense,
 73 Mutating Into Cells
 Which Reproduce
 Uncontrollably.
 74 So Much For The
 Horrors Of The Meat
 Industry.

Scroll 5:81

75 There Are Several
 Other Interesting Physical
 And Spiritual Reasons For
 Not Eating Meat.
 76 One Is That It Takes
 Four Times As Much
 Grain To Feed Animals,
 77 Than For An
ENOSITE To Consume It
 Directly.
 78 This Raises A Moral
 Question In Regard To
 Sharing Our Resources
 With Poorer People.
 79 Plants Are The
 Original Source Of Energy
 For All Living Things,
 80 As They Store The
 Energy Of **SHAMASH**,
 The Sun Through
Photosynthesis.
 81 A Person Who
 Does Not Eat A Lot Of
 Meat Not Only Taxes
 Nourishment From The

Scroll 5:81

Original Source,
 82 But Their Diet Is More
 Economical With Regards
 To Cost And The Best
 Utilization Of Available
 Land.
 83 Sea Food Is Very
 Good For You, But That
 Too Can Be Taken In
 Excess.
 84 Another More
 Interesting Fact Is That An
ENOSITES' Digestive
 System Is Not One Of A
CARNIVORE.
 85 His Or Her Teeth Are
 Designed Through
 Mutation, For Biting And
 Mashing Original
 Vegetables,
 86 But After So Much
 Mixing Now Many
 Nuwaubians Have Canine
 Teeth For Tearing Flesh,
 87 Which Is Why An

Scroll 5:93

ENOSITE Ages,
 Tenderizes, And Cooks
 His Or Her Meat To
 Make It More Eatable.
 88 Diet Also Alters The
 Person's Very Appearance,
 From Hu-Man To
 Animal, As Well As
 His/Her Nature.
 89 Meat Eaters Are Much
 More Violent.
 90 The Human Liver Is
 Proportionally Smaller
 Than That Of A
 Meat-Eating Animal,
 91 And Is Not Built To
 Handle The Filtering Of
 Animal Poisons.
 92 Also The Alimentary
 Canal, Which Is Short In
 Carnivorous Animals To
 Speed Poisons Through
 The Body Quickly,
 93 Is Quite Long In An
ENOSITE, As It Is In

Scroll 5:93

Scroll 6:12

Any Vegetarian Animal.
94 Note The Untruth
That You Need Meat, Or
That You Will Lose
Weight If You Don't Eat
Meat.

95 Herbivores Are Much
Larger Than Carnivorous
Animal.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Six
"Concentration"
(19x3=57)

Lo! Concentration My
Child Is The Act
Or Process Of
Concentrating.

2 To Concentrate Is To
Focus, Center, To Bring
Or Direct One's Mind
Toward A Common

Center Or Objective.

3 Concentration Is A
Very Important Principle,
4 One That You Should
Practice And Try To
Master,

5 For Contrary To The
Belief That The Art Of
Concentration Is Simple,

6 Efficient Concentration
Is Not Easily Achieved.

7 Your World, Oh
Mortal; Is The
Materialization Of The
Thought Forms Of Divine
Intelligence.

8 It Exists As Vibration.

9 Just As There Are
Waves Of Heat, Light,
Electricity, And Energy,

10 There Are Also
Thought Waves.

11 Thought Has
Tremendous Power.

12 Everyone Experiences

Scroll 6:12

Scroll 6:28

It To Some Degree.

13 It Could Be Used A
Thousand Times More
Effectively;

14 If One Had A
Comprehensive
Overstanding Of The
Working Of Thought
Vibration,

15 The Techniques For
Controlling Them,

16 And The Method Of
Transmitting Them To
Others At A Distance,

17 Which Is Called
TELEPATHY, Tele-Path.
The Path Through The
Mind To Mind.

18 One Of Your Four
Higher Senses.

19 By Overstanding And
Realizing The Powers Of
The Mind,

20 One Can See Distant
Objects,

21 Hear Distant Sounds,

22 Send Messages To Any
Part Of The Universe,

23 Heal People
Thousands Of Miles
Away,

24 And Move To Distant
Places In No Time.

25 There Is No Limit To
The Power Of The Mind!

26 Consider: When
Flowing Loosely Over A
Wide Area,

27 Every Force In Nature
Moves Slowly And With
Less Power Than If
Gathered In One Mass
And Directed Through A
Single Restricted Outlet.

28 Dammed And
Accumulated, The Once
Sluggish And Leisurely
Flow Of A River Rushes
Out With Amazing Force
Through The Stream.

Scroll 6:29

Scroll 6:41

29 The Warm Rays Of
SHAMASH, Which Ye
Know As The Sun,
Focused Through A
Magnifying Glass Becomes
Hot Enough To Burn
Objects.

30 Such Is The Power
Generated By The
Concentration Of Force.

31 This Natural Law Is
Also Applicable To An
ENOSITE In All
Branches Of Activities.

32 Mental Concentration
Is The Fixing Of The
Mind For An Extended
Period Of Time On One
External Point.

33 There Can Be No
Concentration Without
Something On Which The
Gathered Rays Of The
Mind Can Rest.

34 It Must Be A Single

Object Or Idea.

35 People Sometimes
Pride Themselves On
Being Able To Think Of
Two Things At Once.

36 The Mind Does Not
Work This Way!

37 Its Oscillating Waves
Are Merely Bouncing
Back And Forth With
Lightning Velocity
Between The Two Ideas.

38 The Mind Can Only
Do One Thing At A
Time.

39 Anyone Who Imagines
That A Mundane Chore
Such As Dish Washing
Goes Faster;

40 If They Are Thinking
Of Palm Trees And A
Sunny Beach Are Fooling
Themselves.

41 Their Mental Waves
Are Moving Between The

Scroll 6:41

Scroll 6:51

Daydream And Task At
Hand.

42 The Attention
Actually Given To The
Work Is Thus Slowed
Down, Because Of The
Constant Interruptions,
43 And The Hands Slow
Down Too.

44 How Much Better To
Keep The Mind On One
Point And Finish The Job
In Half The Time.

45 Everyone Possesses
The Ability To
Concentrate To Some
Degree.

Example:

Conscious Practice Of
This Innate Ability
Strengthens The Thought
Currents, Clarifies Ideas
And Utilizes Some Of
The Immense Latent
Power Of The Mind.

46 What Has Once Been
Cloudy And Hazy
Becomes Clear And
Definite.

47 What Has Been
Difficult, Complex, And
Confusing Becomes Easy.

48 One Is Able To Work
With Greater Efficiency,

49 To Turn Out More
Work In Less Time,

50 And To Increase One's
Earning Capacity.

51 Concentration Can
Also Prevent Or Minimize
The Problems Of Senility.

After The Age Of
Thirty, An Enosite's
Brain Cells Dies Off At
The Rate Of 100,000
Per Day And Are Not
Replaced.

Scroll 6:51

Scroll 6:57

It Is Vital To Strengthen And Make The Best Use Of One's Learning Capacity. The Enosite++ Who Practices Concentration Retains Clear Mental Vision. This Is What Is Referred To As Clairvoyance (Clear-Vision).

52 With Utmost Concentrated Attention The Surgeon Operates On His Or Her Patient.

53 Deepest Absorption Marks The State Of The Technician, Engineer, Architect Or Painter Engaged In Drawing The Minute Details Of A Plan, Chart, Or Sketch In

Which Accuracy Is Of The Highest Importance.

54 The Same Concentration Is Necessary On The Spiritual Path, Where The Aspiration Must Deal With The Internal Forces.

55 For Progress To Be Made, It Must Be Developed To A Very High Degree.

56 Practice Demands Patience, Will, Untiring Persistence And Regularity.

57 There Are No Shortcuts Along The Spiritual Path.

**Mine Your Mind For
The Jewels Of Your
Soul**

Scroll 7:1

Scroll 7:11

**Scroll Seven
"Pleasure And The
Mind"
(19x2=38)**

Lo! I, Your Master Teacher Will Speak To You On Pleasures.

2 Know Ye That In The Holy Tablets Chapter Ten, Tablet Twelve Verse 147 It States:

The Less Pleasure You Have, The Less Your Burden Of Liberation Will Be.

3 Worldly Pleasures Intensify The Desire For Greater Enjoyment.

4 The Mind Can Never Be Satisfied, No Matter How Many Pleasures It Is Fed.

5 Emotions Become

Dangerous, When They Become Motion.

6 It Is These Emotions That Make You Fight Which Leads To Wars;

7 Emotions Which Lead To Greed, Which Causes You To Over Eat And Leads To Diseases;

8 Or Eat Yourself To Obesity, Or Death.

9 Emotions Which Lead To Your Need And What You Want; And Sex Which Leads To Lust, Luster.

10 You Are Exceptionally Apt To Get AIDS, If You Let Your Emotions, Be Controlled By Lust, Or The Luster Of It Make You Go Out And Buy, Or Being A Sexual Instrument To Give You Pleasure,

11 Then You Will Be An

Scroll 7:11

AIDS Victim,

12 Because The Fact That
You Need A Vibrator
Shows You Have A Lack Of
Self-Control;

13 And If The Opportunity
Arises For You To Have
Sex You'll Take Chances,

14 Not Caring What The
Consequences Might Be
Even Possible Death.

Emotions:

Gluttonous- Eat Into
Sickness

Anger- Wars, Taking,
My, I Want

Lust- Me, Comfort
Conscious

15 When You're Emotional
And Calm

Scroll 7:22

You're Okay.

16 I'm Not Saying Don't
Have Feelings.

17 Don't Cry Or Let Your
Anger Get You Into
Trouble Because You Can't
Control Your Mouth.

18 When You Are Over
Emotional Sexually, You
Take Chances You
Normally Wouldn't And
Regret Once You Have
AIDS.

19 When You're Over
Emotional You Can Get
Into A Fight And Have
Regrets,

20 Or A Person Who Is
Obese Now, Has Regrets
That They're Fat And Say:

21 "I Wish I Could Lose
Weight."

22 Like Getting Fat Wasn't
Their Problem,

Scroll 7:22

From The Beginning.

23 This Is Your Own
Trinity: 1) Me, 2) Myself,
3) And I.

24 These Emotions Lead
To Other Emotions Like
Fear And Regret:

25 A Person With
A.I.D.S. Now Realizes,
I'm Going To Die,

26 The Person Who Is
Obese And Has All This
Fat Around Their Heart
Realizes With Their
Added Worry,
Aggravation, Which
Increases The Chances Of
Dying, Say:

27 "I'm Going To Die."
Emotions Link Into
Motion.

28 When You Give Into
Your Emotion, You Give
Up A Part Of Your
Divinity.

Scroll 7:34

29 That Means When
You're Upset By
Something,

30 You Are No Longer In
Control Of Yourself,

31 And Therefore You're
Under The Rule Of
Another.

32 You Can Say Out Of
Your Mind.

33 However, You Can Be
Under, Or In Control Of
Your Own Divinity,

34 And Surrender Your
Divinity To Another Who
Is In Authority. The
Saying Is: Believe In Your
Self, Then They Say
Believe In God. They Told
You Who And What You
Are, In The Scripture Of
Our Apostle John, Called
In Tones Yowkhanan,
And In Rhythm Yuhanna,
The Tenth Degree, The

Scroll 7:34

Thirty Fourth Verse,
Where It States:

Jesus Answered Them
Saying, "Is Not Written
In Your Law, 'I Said,
'You Are Gods'?"

And Again In The
Scripture, Which Was
Received By Our Prophet
David, Called In Tones
Dawiyd And In Rhythm
Dawud, The Books Of
Psalms The Eighty Second
Degree, The Sixth Verse,
Where It States:

"I Said, 'You Are Gods,
And All Of You Are
Children Of The Most
High.

35 For Instance When You
Humble Yourself To

Scroll 7:38

Someone,

36 You Are Surrendering
Your Divinity To Them;

37 But Can Regain It Back.

38 It's Not Like Once You
Lose Your Divinity That
You Can't Regain It Again.
You Lose It Of Your Free
Will. So You Can't Earn It
Back When You Will. Don't
Mix Humbleness Up With
Submission. They Are Not
The Same. No Man Knows
Less Than The One Who
Knows It All.

**Mine Your Mind For The
Jewels Of Your Soul**

Scroll Eight

"The More It Possesses,
The More It Wants."

(19x1=19)

Scroll 8:1

Lo! Without Knowing
It, Enosites Are
Exceedingly

Plagued By The
Insatiability Of Their
Own Minds. Most
Humans Are About As
Happy As They Make Up
Their Own Minds To Be.

2 In Order To Remove
This Sort Of Trouble, The
Craving For Sensory
Stimulation Must Be
Removed.

3 Once The Mind Has
Been Stilled And
Concentrated, It No
Longer Presses One To
Seek Further Pleasures.

4 The Senses Can Be
Controlled Through
Reduction Of Wants And
Activities.

5 Dietary Discipline Is
Essential.

Scroll 8:12

6 Furthermore, One
Should Avoid Undesirable
Company As Well As
Stimulants And
Depressants.

7 Television, Cinemas,
And Newspapers, Which
Agitate The Mind, Should
Be Reduced And Replaced
With Periods Of Sitting In
Silence And Solitude.
There Is Really No Right
Way To Do Wrong
Things.

8 By Witnessing And
Tempering Desires And
Emotions, The Qualities
Of Egoism,

9 Anger,
10 Greed, Lust,
11 And Hatred Are
Eradicated,

12 Which Means To Rip
Out From The Roots, To
Destroy.

Scroll 8:13

Scroll 9:3

"The Mind
Best Friend: Worst
Enemy"

13 One Should Not
Allow The Mind To
Dissipate Its Energy
Uselessly-On Vain
Thoughts,

14 Worries, Imagination,
And Fears. One Thing
You Cannot Recycle Is
Wasted Thoughts And
Time.

15 By Manipulating The
Mind, One Is Able To
Bring It Under Control,

16 And Compel It To
Concentrate Its Powers.

17 However, One Must
Not Wrestle With It. Lost
Time Is Never Returned.

18 Struggle Only Sets
More Mental Waves Into
Motion.

19 The Sum Total Of All
The Pleasures In The
World Is Nothing
Compared To The Bliss
Derived From Meditation.
Feed Your Mind
Meditations And Doubt
And Idle Time Will Starve
To Death.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Nine
"Saving Energy"
(19x1=19)

Lo! To Reduce The
Out Flow Waste
Of Mental
Energies,

2 The Senses Must Be
Subjugated.

3 One Fourth Of One's
Energy Is Diverted To

Scroll 9:3

Scroll 9:18

Digestion Of Food,
4 Which Is Often Eaten
For The Pleasure Of The
Taste Buds Rather Than
For Sustenance.

5 Additional Mental And
Physical Energy Is
Squandered In Useless Idle
Talking.

6 Learn Control Of The
Tongue My Child;

7 By Observing Silence
For An Hour Or Two A
Day.

8 Our Senses Have Been
Habitually Overfed,

9 And Geared To
Gluttony. The Greatest Of
Our Faults Is To Think
We Have None.

10 One Should Examine
All Worldly Habits

11 And Curtail Them
Sharply.

"Fasting Of The Mind"

12 Fasting Of The Mind
Is:

13 When The Thoughts
Are Weaned From
Attachment To The Many
Fleeting Sensations That
They Feed Upon.

14 The Senses Do Not
Convey Experience
Without The Cooperation
Of The Mind.

15 An Agreeable Exercise
Is To Not Allow The
Senses To Come In
Contact With Their
Object.

16 For Example, If
Certain Music Or T.V.
Programs Are Found To
Leave The Mind In An
Agitated State,

17 They Should Be
Eliminated.

18 By Withdrawing The
Mind,

Scroll 9:19

Scroll 10:11

19 The Senses Are Also Withdrawn. The Remember If You Don't Care Where You're Life Is Going, Then Any Road Will Lead You There.

Mine Your Mind For The Jewels Of Your Soul

Scroll 10:11
Attention
(19x1=19)

Lo! In Everyday Situations, One Should Develop The Faculty Of Attention.

2 Concentration Itself Is A Narrowing Of The Field Of Attention.

3 The Entire Attention Is Thrown Into Whatever Is Being Done.

4 The Individual Becomes

Lost In The Job At Hand.
5 One Must Concentrate On The Work And Rigorously Shut Out All Other Thoughts.

6 No Work Can Be Done Successfully Without Calmness And Concentration.

7 In This Way The Mind Becomes One-Pointed.

8 Failure Is A Stranger To Work Done With Perfect Attention.

9 When One Sits For Meditation, There Should Be No Thought Of Job Related Work.

10 When Doing Job Related Work, Household Chores Never Enter The Mind.

11 In Training The Mind To Attend Only To The Work At Hand, There

Scroll 10:11

Scroll 10:11

Tablet Six, Verse 9-14
Where It Says:

12 A Person With An Agreeable Concentration Can Accomplish A Task In Half The Time

(9) When I Work I Should Be As The Strings As A Guitar Through Whose Soul The Silence Of The Moment Becomes Harmonious. (10) Which Of You Would Be Likened Unto A Leaf Who Plays When The Wind Blows. When All Else Sings Together Harmoniously? (11)

I Never Want To See Work As A Curse Of Misfortune For Being Disobedient. I Say To You When You Work Then Fulfill A Part Of The Distant Dream Of Nature. (12) The Birth Of That Dream Was The Gift Unto You. (13) And You Who Truly Loves Life Will Forever Reside In Labor. If You Truly Love. (14) Thus Through Labor Will You Loveth Life, For It Is Why You Were Procreated.

Scroll 10:11

Through Labor The
Intimacy Of Life's
Innermost Secrets Will
Manifest.

12 A Person With An
Agreeable Concentration
Can Accomplish A Task
In Half The Time

13 And With Twice The
Accuracy That It Would
Take The Average Person

14 It Is Easy To Pay
Attention To What Is
Pleasant,

15 For The Mind Is
Naturally Attracted To
What Pleases It.

16 A Beneficial Exercise Is
To Fix The Attention On
Unpleasant Task,

17 From Which One May
Have Previously Shrunk.

18 Under Scrutiny, They

Scroll 11:3

Become Interesting,
19 And Interest Reduces
The Unpleasantness. Its
Very Nice To Be
Important. However It's
More Important To Be
Nice.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Eleven
"From The Unreal To
The Real"
(19x3=57)

Lo! There Are
Experiences, My
Child; That
Cannot Be Described.

2 Just As Colors Cannot
Be Described To A Blind
Enosite.

3 However All Ordinary
Experiences Are Limited

Scroll 11:3

By Time, Space, And The
Law Of Cause And Effect.

4 Normal Awareness And
Overstanding Do Not
Transcend These Bounds.

5 Finite Experience Is
Measured In Terms Of
Past,

6 Present
7 And Future.

8 These Concepts Of
Time Are Illusory,

9 For They Have No
Permanence.

10 Immeasure Small And
Fleeting,

11 The Present Cannot
Be Grasped.

12 Both Past And Future
Are Non-Existent In The
Present,

13 And Therefore Are
Unreal.

14 Ye Live In A World
Of Illusions.

Scroll 11:25

15 With Meditation
Comes Freedom;

16 Freedom From Fear
Of Death.

17 Most Of Ye Mortals
Ponder That Death Is The
End Of Existence,

18 However, In Fact,
Death Means Only The
Extinction Of The Present
Name And Form.

19 The Greater The
Identification With Name
And Form,

20 The Greater The Fear.

21 Living A Righteous
Way Of Life Induces
Detachment From Name,

22 And From Form.

23 It Makes One Aware
Of The Ever Changing
Nature Of The Body,

24 And Of All
Phenomenal Existence.

25 In Recognizing The

Scroll 11:25

Scroll 11:37

Ephemerality Of It All,
 26 One Realizes The
 Impossibility Of Holding
 On To Anything,
 27 Including Ones
 Cumbersome
 Ego-Identity.
 28 When This Need To
 Grasp Disappears,
 29 Then The Fear Of
 Losing What One Never
 Really Possessed Vanishes,
 30 Immortality Is Within
 Reach. Remember Real
 Fear Is The Lack Of True
 Faith

"Ultimate Reality"

31 My Children, I Have
 Introduced You To The
 Existence Of **THE ALL**,
EL KULUWM,
 32 What Some Call
 Quantum Physics,

33 Know Ye That El
Kuluwm The All Alone
 Is Real. All Gods, Be They
 Called Buddah, Khrisna,
 Isis, Allah, Yehweh,
 Horus, Adonia, El Elohim,
 Amun-Ra, Anu, Khnum,
 Theos, Dios, Oba-Tala,
 Rab, Mazda, Eloheem,
 Osiris, Allahuma,
 Supreme Being, Atun,
 Creator, Sebet, Most
 High, Change, Are All In
 The **ALL**.

34 The World Of Illusion
 Is Unreal, Idle Worship Is
 Un Real. Idol Worship Is
 Not Evil For No Idol Can
 Be The All.

35 And The Individual
 Soul Is Eventually
 Returned To The All,

36 For All Things Exist
 Within **THE ALL**.

37 From Within **THE**

Scroll 11:37

Scroll 11:52

ALL Is Where You
 Came,
 38 And Within **The All** Is
 Where You Will Return.

39 This Ultimate Reality
 Is Beyond The Reach Of
 The Limited Intellect,

40 And Within The
 Reach Of The Unlimited
 Intellect And The
 Knowable World,

41 You Must Begin To
 Overstand A New
 Physics,

42 Its Called **Quantum**
Physics.

43 Renunciation Alone,
 44 The Abandonment Of
 All Worldly Attachments,

45 Can Lead To
 Knowledge Of The
 Absolute.

46 This Is Achieved
 Through A Process Of
 Negation Of All Worldly

Desires,
 47 Identifications,
 Qualifications And
 Extensions.

48 The Precepts Of
Tammuz, Whom Some
 Of Ye Call Isa, Or Yashua,
 Sananda, Christ, Horus,
 Sonship, Must Be
 Practiced. For You Are A
 Child Of The Most High
 El Who Is In **THE ALL**.

49 To Attain Freedom
 One Must Engage In Solid
 Spiritual Practice.

50 His Teachings Must
 Enter Your Bones, Nerves,
 Cells And Interior
 Chambers Of Your Heart.

51 Lip Confession, And
 The Praising Of His
 Name, As Jesus Is Not
 Only Inadequate And
 Insufficient It Is Sinful.

52 It Is Pure Hypocrisy.

Scroll 11:53

Scroll 12:6

53 We Should Become Absolutely Fearless.

54 This Is Life In Reality.

55 No More Words. No More Talk. No More Arguments, Heated Debates Or Discussions.

No More Study. No More Wandering. As He Said I

Am In The Father, And The Father Is In Me *(John 14:10)*. And You Say I Am

In THE ALL And THE ALL Is In Me. **BECOME**

THE CHRIST.

56 Live In Truth. Enter Silence. There Is Peace. Peace Is Silence.

57 That's NUWAUBU, That's Right Knowledge, Which Leads One To Right Wisdom, And A Right Overstanding.

Mine Your Mind For The Jewels Of Your Soul

Scroll Twelve
"Self"

(19x3=57)

Lo! There Are Various Methods For Realizing The Self.

2 All Are Based On The Removal Of Limiting Ideas In Regard To Oneself And The Universe.

3 Just As A Container Creates The Illusion That The Space Inside It Is Separate And Smaller,

4 So The Mind Creates Its Own Walls,

5 And Hence, The Illusion Of Separation From The Self.

6 "Not This, Not This," Is A Method Of Analysis By Negation Or Denial.

Scroll 12:7

Scroll 12:25

7 It Is A Means Of Approach.

8 By Finding Out What A Particular Subject Is Not Like, One Can Move Towards An Overstanding Of What It Is Like.

9 Through This Process Of Negation, One Can Approach An Overstanding Of Real Happiness.

10 By Realizing That It Does Not Lie In Wealth, Power, Fame,

11 Or Any Other Object Of Worldly Pursuit.

12 Through Negation Of Everything That Can Be Known Via The Senses,

13 One Exhausts The Mental Modifications;

14 And Finds The Answer Within.

15 Ultimately, Direct

Experience Is Necessary, 16 For It Is Not A Matter Of Intellectual Overstanding.

17 An Enosite Is Not His Or Her House,

18 Nor Is He Or She, His Or Her Job.

19 For These Are Subject To Change,

20 But An Enosite Remains The Same.

21 It Is Useless To Identify With Clothing Or Hair Style,

22 Yet All Are Subject To This Form Of Illusion From Time To Time.

23 The Real You, Which Is Sometimes Called The Self Is One's Essential Nature,

24 Is Neither Body Nor Senses;

25 The Body And Senses

Scroll 12:25

Scroll 12:46

Are Mere External
Qualities Of The Self.

26 The Serious Spiritual
Person Negates
Identification With All
Things Of This World
Which Are Not Real.

27 The Enosite Negates
The Mind By Saying:

28 "I'm Not This
Personality."

29 "I'm Not These
Desires,"

30 "I'm Not These Fears,"

31 Until Eventually, All
Things Within Worldly
Experience Are Negated,

32 And Nothing Remains
But The Self.

33 In This Kind Of
Meditation, Union With
The Absolute Is Achieved
By Denial Of Body,

34 Mind,

35 Name,

36 Form,

37 Intellect,

38 Senses,

39 And All Limiting
Adjuncts.

40 The True "I" Remains,

41 Which Is Absolute
Existence, Knowledge,
Bliss.

42 One Should Observe
The Play Of Life As
Though He Or She Were

Watching A Movie,

43 But Again, Does Not
Identify With It.

44 Whatever Situations
One Experiences, His Or
Her Reaction Should Be,
"I Am Not Involved In
This, I Am Only
Watching It Happen."

45 This Entails
Introspection,

46 And Close Awareness
Of The Mental Waves.

Scroll 12:47

Scroll 13:3

47 The Mind Does Not
Want To Be Watched,

48 And Will Soon Slow
Down Its Activities,

49 But It Does Not Give
Up Without A Struggle.

50 In Many Ways It Will
Deceive And Persuade
One To Stop Watching It.

51 It Is Such A Powerful
Force That It Is Capable
Of Dragging The
Attention Wherever It
Goes,

52 Unless Extreme
Watchfulness Is Practiced.

53 Many, Many Times It
Will Divert The Attention
From Its Focus.

54 One Must Observe
This With Patience,

55 Then Firmly Return
To The Witness State,

56 Taking Care Not To
Fight The Mind,

57 But Only To Gently
Guide It.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Thirteen
El Elohim The Most High,
Is One
(19x2=38)

I Am In The All
And The All Is In
Me.

2 Zedok Yashua Stated,
As Recorded In The
Letters Of Yuhaana Bar
Zabadiy, Whom Ye Call
John Son Of Zebedee,
The 10th Chapter The
30th Verse:

"I And The Father
Are One".

3 And Again In The

Scroll 13:3

Letters Of Yuhanna
(John) The 14Th
Chapter, The 9Th Verse:

"He That Hath Seen
Me Hath Seen The
Father".

Absorption"

4 There Are No Qualities
In The Universes That Are
Not In The Human Body.

5 An Atom Is A
Complete Replica Of The
Solar System,

6 With Electrons
Encircling A Nucleus Just
As Planets Revolve
Around Shamash, Your
Sun.

7 The Atom Is A
Microcosm, Small;

8 And Everything That Is
Happening In The
Microcosms Of The
Human Body;

Scroll 13:17

9 Is Also Occurring In
Tiamat, Called Also Orb,
Ereth, Terra, Eridu, And
Ard,

10 Which Ye Mortals Call
The Planet Earth;

11 And In The Universe.

12 Individual Cosmic
Creation And Destruction
Are Taking Place All The
Time.

13 Instead Of Identifying
With The Individual Self,

14 Which Is Only A Tiny
Fraction Of The Universal
Scheme,

15 One Can Find His Or
Her Larger Identity By
Merging With The
Kosmos Itself.

16 Making Him Or Her
A Kosmosan.

17 It Is Matter In Its Most
Subtle State.

Scroll 13:18

18 Before Shamash, The
Sun And Tiamat, The
Planet Earth Came Into
Existence,

19 They Were Gas
Molecules,

20 And Before Evolving
Into The Molecular State,

21 They Existed In The
Ethereic Or Energy State.

22 The Water Molecule Is
Composed Of The Atoms
Of Hydrogen And Oxygen.

23 When Atoms Were
Smashed In The Cyclotron,

24 It Was Discovered That
This Was Not The End Of
Matter.

25 Regardless To What
Extent Scientists Subdivide
Atoms,

26 They Continue To Find
Smaller As Quarks,

27 And Smaller Particles As
Bi-abs.

Scroll 13:31

28 If Tiamat, The Planet
Earth

29 And Shamash, The Sun
Were Suddenly Blown To
Pieces,

30 The Matter Would
Revert To Energy.

31 Being Called Nothing
Less Than, Solid, Liquid,
Gas. And As Recorded In
The Holy Tablets, It Says In
The Third Chapter, The
Ninth Tablet, Verse 22-26,
Where It States:

(22) Anu, Elyown
Elyown El, It Was
You, Who Created And
Made First The Three
Abodes. (23) One Of Gas.
(24) The Other Of
Liquid. (25) The Third A
Solid.

Scroll 13:32

Scroll 14:3

(26) These are The
Homes Of His Beloved.

32 Beyond These Three Is
A State Of Nothingness Or
Ether.

33 Ultimately It Would
Return To **The All**.

34 Being Yet Still A Part Of
THE ALL, The Journey Is
Shot. It's Within Itself.

35 Being A Part Of **THE
ALL** Is Being **THE ALL**.

36 You Can't Take From
THE ALL, For Where
Would You Put It?

37 You Can't Add To
THE ALL, For Where
Would You Get It From?

38 So All Gods Deities,
Statues, Images, Idols, And
Desires To Be, Is In **THE
ALL**.

Mine Your Mind For The
Jewels Of Your Soul

Lo **Scroll Fourteen**
"Anu Is Oneness"
(19X2=38)

Oh Ye Enosites, Ponder
On This Thought:

2 A Close Look At These
Elements Which Ye Take
For Granted Leaves One In
Awe Of The Guiding
Cosmic Intelligence.

3 Water, H_2O For Instance,
Is Made Up Of Two
Hydrogen Atoms And One
Oxygen Atom.

And This Is What The
Holy Tablet Says About The
Atom; The Holy Tablet

(28) The Simplest
Particle Of Life Is A
Quark Of Which Atoms

Scroll 14:3

Scroll 14:11

Are Composed. The
Atom Is The Smallest
Unit Of An Element
That Retains All Of
The Element's
Properties. (29) All
Things Are Made Of
Atoms Which Are
Composed Of Quarks. It
Is The Smallest Part Of
Any Substance. This Is
Called Quantum Physics.
My Child.

The Atom; The Holy
Tablet Chapter One,
Tablet 8, Verse 28-29
Says:

4 When Hydrogen By It
Self Comes Into Contact
With Fire, It Reacts With
An Explosion.

5 Oxygen Reacts With
Fire To Make It Burn
More Fiercely.

6 Yet In Combination, As
Water, They Will Quench
Fire And Cool Off The
Body.

7 If One Professes Of
Having Any Intelligence
At All, He Or She Must
Ask Him Or Herself,
"What Is The Source Of
This Intricate
Engineering?"

8 Only An Intelligent
Power Is Capable Of Such
Creation.

9 EL ELOH, The Most
High, Also Called
ALLAH, AL ALIYU,
YAHUWA, And ANU.

10 All Life Is
Interconnected.

11 Animals Breathe In
Oxygen, The Bi-Product

Scroll 14:11

Scroll 14:23

Of Plants And Exhale Carbon Dioxide.

12 In Their Bodies The Oxygen Combines With Glucose,

13 To Produce Energy For Various Bodily Functions.

14 Plants Take In Carbon Dioxide And Release Oxygen Into The Air Which Is Then Used By Animals.

15 They Take Nutrients From The Soil And Use The Sunlight For Photosynthesis.

16 An Enosite Eats The Plants For Nourishment And When He Or She Dies,

17 His Or Her Body Is Returned To Tiamat (The Planet Earth) To The Adama, Of The Ground,

Where It Becomes Food For The Plants.

18 This Is But One Small Example Of The Complicated And

Interdependent Relationships That Exist Among All Things.

19 It Hardly Seems Possible That Such A World Could Have Been Created By An Accident Of Nature.

20 Relationships Like This Exist Throughout The Kosmos.

21 Consider The Size Of The Universe.

22 It Is Impossible That These Miracles Occur Only On Tiamat, The Planet Earth.

23 How Many Suns With Planets Can There Be In This Galaxy,

Scroll 14:24

Scroll 14:38

24 And How Many Galaxies Can There Be?

25 How Large Is This Universe?

26 Its Size Cannot Be Imagined,

27 Nor Can The Number Of Planets Capable Of Supporting Life Be Counted.

28 Yet There Are Those Known In Orion To Have Life,

29 And From Rizq The 8Th Planet In Illyuwn The 19Th Galaxy,

30 From Which I Come Forth To You,

31 By Way Of A Markabah, "A *Divine Light*", Vehicle Also Called A Sham.

32 There Are Physical Laws Which Cause The Planets To Rotate,

33 And To Revolve Around Shamash, The Sun In Certain Precise Ways.

34 These Same Laws Cause Whole Solar Systems,

35 Indeed Even Galaxies, To Hurtle Through Space At Tremendous Speed- All In Perfect Coordination.

36 These Laws Cannot Have Accidentally Come About Without An Originating Cause.

37 Only A Guiding Intelligence Could Be Responsible.

38 EL ELOH, The Most High Is The Source? All Is In THE ALL. THE ALL Is Not An It, A He Or A She, THE ALL Is.

Mine Your Mind For The Jewels Of Your Soul

Scroll 15:1

Scroll 15:9

Scroll Fifteen
El Khalug: "The Creator"
 (19x10=190)

Lo! If Someone Were
 To Ask, Why
 Yahuwa El Eloheem,
 El Khalug, He Who Is
 The Source, The Creator
 Is One,

2 He Or She Might
 Answer That If There
 Were Creators, Eloheem,
 Or Allahuma For This
 Incident On Earth,

3 One Could Not Always
 Design His Creation Like
 The Other,

4 Neither Would They
 Go By The Same
 Principles.

5 So We Have A Creator
 From Many Creators, 24
 In The Garden In Eden. 12
 Agreeable,

Disagreeable, Give You
 Will.

6 El Eloheem From The
 Eloheem.

7 In Order For One To
 Preside, It Would Be
 Necessary For The Other
 To Perish.

8 In This State, Or Step
 Down To His Or Her
 Leadership Making Him A
 Supreme. Al Malik, The

King, Or Al Malik L
 Mulki, The King Of
 Kings. The Angel Over

All Angels. He Who
 Appointed The 7 Arch
 Angelic Beings, The Al

Malaikat Or Malakuwt.
 He El Eloheem Is A Being As
 Allah. He Is Allahu Al

Aziym, Allah The
 Supreme. The Supreme
 Being.

9 The Will Of One Or

Scroll 15:9

Scroll 15:30

The Other Must Manifest
 The Wishes Of Both Or Of
 Neither One Would Not Be
 Possible;

10 And This Would Be A
 Sign Of Frustration.

11 And Obviously He Or
 She Who Is Responsible
 For The Intimate Creation

Of All Things Of This Cycle
 Of Refilling And
 Replenishing The Earth Is
 Beyond Frustration,

12 And Alone In His
 Power, As Yahuwa Or
 Y.H.W.H. One Of The
 Yahwehans, An Eloheem.

13 Only **The All** Is **The
 Absolute.**

14 And All Creators Are In
The All,

15 Your Allah, Rab

16 Jesus, Horus, Tammuz,

17 Yahweh, Jehovah,

18 God, Dios,

19 Buddah, Confucius,

20 Brahma,

21 Shiva, Vishnu,

22 Thehos,

23 Tammuz,

24 Baal, Adonia,

25 Om, Osiris,

26 And All The Others,

Are In **The All.**

27 As It Stands, The
 Universe Is A Very
 Measured Place;

28 Where Every Thing Fits
 Within Its Particular Pattern,

29 And In The Design Of
 All Things Is An Obvious
 Unity;

30 That Could Not Be
 Possible If More Than One
 Creator Took Responsibility
 For All Creation. Each
 Creator Is Assigned By The
 All, To

Scroll 15:30

Scroll 15:42

Be The One Creator, Or
Creators With One Head
As The Angel's With One
Deity About Them All.

31 For There Is Life
Beyond Earth,

32 And New Forms
Being Discovered Every
Day.

33 So You Muhammad,
Say In The Second
Chapter, Of El's Qur'aan
Koran 2:87, Originally
Chapter 87, The 163rd
Verse: And Ilaahukum
(Your El/Allah) 'Source,
Is Waahidhu 'One'
Ilaahun, Ilaaha (Allah/El).

34 Don't Make For Him
Any Partners, (*El's Torah,
Given To Mosheh, Also
Called Moses Exodus 20:3*),

35 Or You Say You Shall
Have No Other Gods

Before Me (*El's Torah To
Mosheh, Also Called
Moses, Exodus 20:3*).

36 I Am A Jealous God
(*El's Torah To Mosheh
Also Called Moses, Exodus
34:14*).

37 That Means There Is
More Than One. And
You're Not To Use But
One.

38 If Thou Art A Muslim
You Use Allah Or Rab.

39 If Thou Art A
Hebrew Or Israelite Or
Jew You Use Yahweh Or
Eloheem Or Adonai Or
Ha-shem.

40 And If Thou Art A
Buddhist You Use
Buddha.

41 But If Your One
Deity, Yet Are In The All.

42 All Religions And
Their One God Each Are

Scroll 15:42

Scroll 15:51

In The All...

43 Therefore, All Sincere
Spiritual And Righteous
People Know, With
Strong Conviction, That
The Creator Is Power, Has
No Associates In That
Power. So He Is Called
The Most Powerful, The
Most Merciful, The Most
Gracious. To Be The Most
Of Anything Means Their
Other Allah Is Akbar, Or
As They Say The Greatest.
Then He Is Greater Than
Others Like Himself.

44 Everything Inside Of
The All Is A Servant.

45 Has No Equal, No
Consorts, & No Partners.

46 Because All Is In The
All.

47 You Can't Take From
It, And You Can't Add To
It.

48 The All Has Neither
Beginning Nor End.

49 The All Is.

50 The All Has Always
Existed And Will Exist.
Because THE ALL Is
Outside Of Existence. All
Exist In THE ALL. The
Out Is Outside Time, For
Time Exist In THE ALL.
THE ALL Did Not Begin.
THE ALL Can Not End.
Allah Is The Beginning, Al
Awul, And Allah Is The
Ending, El Aakhur. The
Alpha And The Omega. If
You Are The Beginning,
You Have A Beginning, If
You Are The Ending
Then You Have An
Ending. THE ALL Is
Without Beginning, Or
Ending.

51 The Originator Of
Things We See And Do

Scroll 15:51

Scroll 15:64

Not See-

52 The Breath That Sustains All Creation Presence In All.

53 El Elohim, Anu, The Most High Is The Only Reality. And He Too Is In THE ALL.

54 Everything Else Is Mere Illusion.

55 He Is One. He Is The One, El Abud, Has Been The Cry Of Every News Bearers (Prophet),

56 For An Enosite Had The Tendency To Stray From El Elohim The Most High's Guidance Our Heavenly Father,

57 And Seek The Protection Of Those Which Could Neither Help Nor Harm Him.

58 The Appointed One Who Appointed And

Anointed Tammuz, Who Is Horus, And Yashua, (Jesus).

59 In The Depth Of Ignorance And Backwardness, People Sought Help From Objects Made By Their Own Hands. Khnum, Creator Of The Ka Which Yields The Ba And Akh.

60 An Enosite Wanted To Reduce The Creator To His Or Her Own Level.

61 But How Could An Object Or An Enosite Be Responsible For All Of Creation?

62 So To Assert That An Enosite Was Responsible,

63 Or That The Universe Accidentally Came Into Being,

64 Thrives On The

Scroll 15:64

Scroll 15:77

Absence Of Logic And The Abundance Of Ignorance.

65 The Eloheem By Permission Of El Elohim The Most High-The Fashioner Gave Electric Charge To The Protons And Electrons,

66 Designed The Minute Solar System Of The Atom Like The One In Which We Live,

67 76 Trillion Years Ago, 68 Gave Light Its Speed, (186,272 Feet Per Second),

69 Put A Barrier Around Sound 1100 Feet Per Second,

70 Blessed The Golden Sun (Ra) With Enough Mass To Create The Gravitation That Keeps The Heavenly Bodies Of

This Solar System Orbiting Properly.

71 El Elohim, The Most High Is The Fashioner.

72 There's A Reason Why 75% Percent Of The Planet Earth And 70% Of The Human Body Consist Of Water.

73 The Creator Put That Balance There, Can You Begin To Overstand It?

74 When The Oceans Of The World All Come Rushing Towards The Shore,

75 Who Synchronizes It?

76 If The Worlds Water Ways Were To Cease Moving, How Would The Fish Breathe?

77 El Elohim ~ The Fashioner, Started The Water Moving And It Has Yet To Stop On Its

Scroll 15:77

Scroll 15:102

Journey Home. Water Is
Always Moving Towards
Larger Masses Of Water.

78 I Could Tell You
Something That Would Be
Real Fascinating But It's
Very Simple;

79 One Thing That's
Unique:

80 Water Is Unique.

81 Let Me Tell You
Something Unique About
Water.

82 Water Is A Symbol Of
Personification.

83 It Is In The
Atmosphere; You Don't
See It's Water Vapor.

84 It Goes From What Is
Considered Invisible - A
Vapor,

85 To A Liquid,

86 To A Solid -

87 To Ice,

88 To Hot Ice,

89 To A Gas.

90 Ask Yourself What
Makes Up Water?

91 You're Trying To
Think Of An Answer,

92 In Order To Look
Like You Know
Something.

93 You Forgot, I Said I
Wanted To Tell You
Something.

94 See It's The Obvious.

95 The Obvious Abstract.

96 Water Is A Symbol Of
Personification.

97 Its Unseen.

98 You Don't See It.

99 Then There's Vapor,
Steam, Condensation,
Over Frozen Hot Ice.

100 Where Did It Come
From,

101 And Where Is It
Going?

102 The Mystery Of

Scroll 15:102

Scroll 15:122

Water Is That It's Always
Going Home - To Water!

103 Water Never Stays
Anywhere Water Is Not.

104 If I Put It On The
Ground It Will Evaporate
Or Seep Into The
Ground,

105 Seeking Out Or
Seeping,

106 It Is Always Going
Home To Water.

107 It Is Pumping Out Of
A Source,

108 Looking For The
Source Of Water.

109 Look At It In A Test
Tube.

110 Leave It For A
Hundred Years.

111 It Will Constantly Be
On The Move,

112 But It Will
Eventually Go Back Home
To Water!

113 The Molecule Turned
Inside Out.

114 Thus The Restless
Soul Of A Human Being
Is 3/4 Water.

115 Your Brain, The
Blood, The Breathing,

116 The Digestive
System, The Circulatory
System,

117 The Respiratory
System, Urine, Light,
Pulse, Blood;

118 This Is The
Restlessness Of The
Human Being.

119 You See, There's
Only One Real Thing In
Existence, Change!

120 And The Only Thing
Constantly Changing Is
Water.

121 And Where Is The
Home Of Water?

122 I Told You At The

Scroll 15:122

Beginning Home Is The Vicious Cycle.

123 Water Is Pumping Out Of A Source, Looking For The Source Of Water!

124 You Used To Know These Things.

125 When You Had Your Barathary Gland You Knew These Facts:

126 And This Just Shows How Out Of Touch You All Are.

127 The Barathary Gland Resided Inside The Hippocampus Area Of The Brain,

128 Which Is A Cavity Of The Cerebellum.

129 The Cerebellum Is Located At The Lower Part Of The Brain And Is Attached To The Brain Stem.

Scroll 15:136

130 The Barathary Gland Has Connection With The Appendix And The Tonsils.

131 The Hippocampus Is The Tissue Which Held The Barathary Gland.

132 When It Was Once Inside Kadmon (Zakar, Adam's) The Grandfather Of Enos Brain.

133 Although Conscious Perception Does Not Occur In The Cerebellum This Is The Part Of The Brain That Is Responsible For Hallucinations.

134 Also Cerebella Reactions Are Unconscious,

135 Meaning You Are Unaware That It Happened,

136 And That's Why Even

Scroll 15:136

Though The Barathary Gland Is Missing,

137 Portions Of The Gland Were Left On The Nerves Endings;

138 Because Total Removal Would Have Damaged The Nerve.

139 From The Cerebellum.

140 You Had Seven Senses, See, Feel, Hear,

(10) Originally You Had What Was Called Neter Ta-Ten,

(11) The Seven Senses That Could Activate Seven Higher Senses.

(12) And Even Higher Until You Ascend Back Into Divinity. But You Are Trapped By One Sense Touch.

13) Which Is Multiplied

Scroll 15:146

By Deception To Five.

Taste, Smell, Clairvoyance, Telepathy. Holy Tablet Chapter Seven, Tablet One, Verse 10-13:

141 Humans Do Not Have The Four Higher Senses:

142 Mind Perception (Intuition),

143 Mental Communication (Telepathy),

144 Object Reading (Psychometry),

145 And Clair Sight - To See In Other Dimensions (Clairvoyance).

146 But With The Removal Of Your Barathary Gland You Lost Access To The

Scroll 15:146

Scroll 15:159

Eloheem, Then You
Became Enosites.

147 An Enosite, A
"Human Being" Is A
Forgetful Being,

148 Which Is What
Happened When The
Barathary Gland Was
Removed.

149 When You Get Back
Your Power We Have To
Show You How To Use
It.

150 But We Have To
Control It.

151 You Have To Prove
Your Sincerity Before It Is
Returned To You,
Otherwise You May
Misuse It.

152 The Barathary
Gland Will Be Reinserted
Into Those Persons
Worthy Of Returning
Home When The

Eloheem Comes For
Them.

153 August 12, 2003 To
June 26, 2030 A.D.
Watch For May 5, 2,000
A.D. For The Alignment.

154 When This Gland Is
Reinserted, It Will Not Be
In The Hippocampus Part
Of The Brain This Time,

155 But In The Lower
Chin Referred To As The
Submental Area Meaning
The "Sub" Or "Lower"
And Mental That Which
Reacts With The Mind.

156 Remember,
Enosite! El Elohim Is
Himself.

157 If He Wills, He Can
Destroy This Entire
Galaxy In A Moment,

158 And If He Wills,
Recreate It In An Instant.

159 Nothing Is Too

Scroll 15:159

Scroll 15:171

Difficult For Him.

160 For This Has Already
Happened.

161 An Individual Should
Observe And Stand Awed
By The Many Wonders
That El Elohim has
fashioned;

162 And Because The
Eloheem Was Procreated,

163 He Or She Has To
Acknowledge Their
(Eloheems) Greatness,

164 An Enosite Has To
Submit To The Supremacy
Of The Ones Who
Pro-Created Them.

165 Final Analysis: Sir
Isaac Newton, The British
Scientist Once Had A
Skillful Mechanic Who
Made Him A Miniature
Replica Of This Solar
System,

166 With Balls

Representing The Planets
Geared Together By Cogs
And Belts So As To Move
In Harmony When
Cranked.

167 Later, Newton Was
Visited By A Scientist
Friend Who Did Not
Believe In The All!

168 Their Conversation Is
Related In The Minnesota
Technology:

169 One Day, As
Newton Sat Reading In
His Study, With His
Mechanism, On A Large
Table Near Him, His
Infidel Friend Stepped-In.

170 Scientist That He Or
She Was, He Or She
Recognized At A Glance
What Was Before Him.

171 Stepping Up To It,
He Or She Slowly Turned
The Crank,

Scroll 15:172

Scroll 15:187

172 And With Undisguised Admiration Watched The Heavenly Bodies All Move In Their Relative Speed In Their Orbit.

173 Standing Off A Few Feet He Or She Exclaimed,

174 "My! What An Exquisite Thing This Is! Who Made It?"

175 Without Looking Up From His Book, Newton Answered, Nobody."

176 Quickly Turning To Newton, The Infidel Said,

177 "Evidently You Did Not Understand My Question."

178 I Asked, "Who Made This?"

179 Looking Now, Newton Solemnly Assured That Nobody Made It,

180 But That The Aggregation Of Matter So Much Admired Had Just Happened To Assume The Form It Was In.

181 But The Astonished Infidel Replied With Some Heat,

182 "You Must Think I Am A Fool "

183 Of Course Somebody Made It,

184 And He Or She Is A Genius, And I'd Like To Know Who He Or She Is,"

185 Laying His Book Aside, Newton Arose And Laid A Hand On His Friend's Shoulder,

186 "This Thing Is But A Weak Imitation Of A Much Grander System

Whose Laws You Know,

187 And I Am Not Able

Scroll 15:187

Scroll 16:4

To Convince You That This Mere Toy Is Without A Designer And Maker;

188 Yet You Profess To Believe That The Original From Which The Design Is Taken Has Come Into Being Without Either Designer Or Maker!

189 Now Tell Me By What Sort Of Reasoning Do You Reach Such An Incongruous Conclusion?"

190 Echo The Word Of All The News Bearers, Wise Men (Astronomers), Sages And Saints. La Ilah Ha Illa El Kuluwm (Nothing Would Exist Except By Way Of The All!)

Mine Your Mind For The Jewels Of Your Soul

Scroll Sixteen
"Freedom- Reality -
Truth"
(19x5=95)

Lo! In Their Subtle Or Pure Form, The Five Basic Elements Combine In Definite Proportions To Form Gross Elements.

2 It Is These Gross Elements Upon Which The Existence Of Tiamat, Or Qi, The Planet Which Ye Call Earth Depends.

3 While This View May Not Seem To Correspond Exactly With Modern Science, By Following The Essence Of The Thought Behind It,

4 One Gains Insight Into The Intricate Relationship Between Matter, The

Scroll 16:4

Scroll 16:14

Physical Plane And Spirit,
The Spiritual Plane.

5 According To The
Doctrine Of
Quintuplication, Each
Gross Element Is Made Up
Of One Half Of Its
Corresponding Pure
Element,

6 And One Eighth Of
Each Of The Four Other
Subtle Elements. The
Plane Of Force In
Manifestation At This
Level.

7 An Example Of This
Can Be Seen Clearly In
The Chart For Gross
Earth;

8 In Which The Earth Is
Composed Of Subtle
Earth,

9 And One Eighth Each
Of Subtle Ether,

10 Subtle Air,

11 Subtle Water, And
Subtle Fire.

12 It Can Be Seen That
Each Element When
Quintuplicated, Is Not
Pure,

13 But Contains A
Portion Of Each Of The
Other Elements.

Quintuplicated As
Defined By The American
Heritage Dictionary

Means: "Multiplied by five.
fivefold. 2. Being the fifth
of a set of five identical
copies. --quin-tu-ple
n. 1. One of a set of five
identical things. 2. A set of
five copies. From [Latin

quintus, fifth;

14 Each Quintuplicated
Element Produces A
Special Effect According
To Its Predominance.

Scroll 16:15

Scroll 16:27

15 Each Contains
Qualities Of The Others,
16 And Has A Particular
Function In Nature And
An Enosite.

17 Further, Each Of
These Elements Has Five
Properties.

18 These Properties Are
Based Upon The
Interaction Of The Subtle
Elements Within The
Gross Elements,

19 And Total
Twenty-Five In Number.

20 In Order To Better
Overstand This,

20 Let Us Examine The
Properties Associated
With Quintuplicated
Ether.

21 The Five Properties Of
Ether Are Grief,

22 Desire,

23 Anger,

24 Delusion,
25 And Fear,
26 Which Are All
Generated In The Ether,
27 Which Belongs To The
Space Of The Heart.
Remember Ether Is Nine
To The Ninth Power Of
Nine. Containing All.
Both Agreeable And
Disagreeable. Good And
Evil. Holy Tablet Chapter
One, Tablet One, Verse
16-17 States:

(16) Nine Ether Is The
Combination Of All
Existing Gases Of
Nature. Nothing
Anywhere Can Be As
Powerful As All
Existing Gases. (17)
Therefore, Nine Ether
Is The Original Creator
Who Grew All The
Universes.

Scroll 16:28

28 Grief Is The Chief Part
Of Ether And So Is
Happiness,

29 For Which Grieving
The Body Feels Like
Empty Space.

30 Desire Is Fleeting Like
The Wind,

31 Therefore, It Belongs
To That Part Of Air
Found In Ether.

32 When Anger Arises,
The Body Becomes Hot.

33 Anger Belongs To
That Part Of Fire Found
In Quintuplicated Ether.

34 Delusions Is As
Pervasive As Water

35 And Belongs To That
Portion Of Water Found
In Ether.

36 Finally, When We Are
Frozen With Fear, The
Body Becomes Inanimate
And Statue-Like:

Scroll 16:42

37 Thus, Fear Belongs To
The Earth Principle.

38 The Remaining
Twenty Properties Can Be
Overstood In A Similar
Manner.

39 Although The
Emotions Are Actually
Attributes Of The
Spiritual Body They Are
Treated As If They
Belonged To The Physical
Body,

40 For This Is Where
Their Influences Are
Directly Perceptible.

41 Because The Emotions
Belong To The Ether
Portion Of The
Quintuplicated Elements,
They Cannot Be The Self,
Which Breeds Selfishness.

42 They Are Negated
And Identification With
Them Is Not Possible.

Scroll 16:43

43 Say, "I Am Not These
Emotions.

44 I Am Not This Body.

45 I Am Not These
Actions.

46 I Am Above,
Observing, Controlling
Witnessing.

47 Abandon The Idea Of
I-Ness And My-Ness And
Identity With The
Imperishable (Atom) You,

48 Which Is Entirely
Different From The Five
Elements.

49 Which Is The Knower,
Seer, (Ra) And Witness Of
All These Products.

50 The Physical Body Is
Reduced To Nothing As It
Is Analyzed And All
Temporary Qualities Are
Removed.

51 It Is Merely A Product
Of The Five Elements

Scroll 16:57

And There Are
Twenty-Five

Combinations.

52 Modern Scientists And
Doctors Only Overstand
The Gross Attributes Of
The Body.

53 The Five Elements
And Twenty-Five
Properties Are Mere
Limiting Adjuncts. Ka
And Ba Produces The
Akh.

54 When The Body Is
Stripped Of Them
(Amun),

55 That Which Remains
Is You, (Or The Self
(Aten).

56 One Must Learn Not
To Identify With These
Quintuplicated Elements
That Make Up The Five
Sheaths.

57 The Body Is Fictitious

Scroll 16:57

Scroll 16:75

Play Of Illusion And Ignorance.

58 Attachment To It Is Bondage, Accepting The Principle Of See, Hear, Taste, Smell, And Feel Is Illusion.

59 There Is More To It Than That.

60 You Must Overcome The 5 Laws Of Confinement To The Spell Of Ignorance.

61 Person, Places And Things.

62 These Three Bind Your Innerself To The Outer World,

63 The World That's Your Bigger Body Call Ecology.

64 The Surrounding Bind The Deity, You,

65 But What You Think You Want And Need,

66 And All You Need Is To Know You Don't Need Things To Be Happy.

67 By Negating The Idea Of Possessiveness And Attachment To Its Illusory Qualities,

68 One Can Achieve Emancipation, Freedom.

69 Ignorance Is Responsible For All Misunderstanding

70 And For All Dissention.

72 Only True Spiritual Aspirants Can Transcend It By Long, Hard Discipline

73 And By Practice.

74 Because Of Ignorance The Common Enosite Could Not Overstand

75 "You Shall Know The Truth And The Truth

Scroll 16:75

Scroll 16:93

Shall Make You Free (*John 8:32*)."

76 When You Hear The Statement:

77 "I And My Father Are One,"

78 It Meant By Eliminating Body, Name,

79 And External Qualifications,

80 We Would Eventually Merge With The Source,

81 From Which We Came, **THE ALL**.

82 For If You Look At What's Called Your Five Senses, Which Are:

83 See, Hear Taste, Smell And Feel, You Eliminate Most By A Good Look At Them.

84 To Taste Things Must Touch Your Taste Buds.

85 To Smell Things Must Touch Your Olfactory

Nerve In Your Upper Passage Of Your Nose.

86 To See Light Must Touch The Optic Nerve.

87 To Hear Sound Waves Must Touch The Auditory Nerve, To Feel Is To Touch The Nerve Fibers, Which Carry Them As Impulses To Your Spinal Cord, Then To Your Brain.

88 So You See Here, Five Become One. You Can Become One Thing.

89 Places Are Things And Things Exists. And Existence Must Be Felt.

90 It All Is An Illusion.

91 The Seventh Plane, Is The Doorway To **The All**.

92 The Highest Plane.

93 Many Assumed That These Words Applied Only To Yashua (Jesus),

Scroll 16:94

Scroll 17:10

94 And Not To
Themselves.

95 Very Few Overstood
His Meaning.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Seventeen

"That Thou Art"

(19:14=76)

Lo Oh, Ye Humim,
Blessed Children
Of The Eloheem, Don't
Thou Knowest That A
Word And Its Meaning
Are Linked By A Thought
Wave.

2 When The Word "Fire:
Is Pronounced, The
Corresponding Mind
Wave Is Energized And
There Is Visualization Of
The Concept.

3 The Reverse Also Takes
Place. When One Sees A
Fire, The Mental Image
Gives Rise To The
Corresponding Verbal
Utterance, "Fire".

4 This Relationship
Between Word And
Meaning Can Be Simple
Or Complex.

5 It Is Simple When It
Generates The Words
Primary Meaning.

6 "The Sun Is Hot."

7 If A Child Is Asked To
Draw A Leaf, He Or She
Copies It From Nature,

8 But An Artist Will
Draw It Indirectly.

9 There Are Indirect
Relationships Between
Words And Meanings.

10 In The Statement, "It
Is Hot Today," The

Scroll 17:10

Scroll 17:27

Implied Meaning Is That
The Sun Is Hot.

11 Sometimes The Direct
Meaning Of A Word Is
Dispensed With,

12 And Only The
Implied Meaning Is Taken
Into Account.

13 The Statement, "The
House Is On The River"
Does Not Mean That
There Is A House On The
Surface Of The River,

14 But On The Bank Of
The River.

15 The Direct Meaning
Of A Flowing River Is
Discarded,

16 And The Implied
Meaning "On The Bank Is
Substituted.

17 Although The River
And Its Bank Are Quite
Different Things,

18 One Being Water And

The Other Planet Earth,

19 There Is A Spatial
Proximity Which Creates
A Relationship.

20 The Implied Meaning
Is Based On The Direct
Meaning,

21 Which Is Then
Discarded.

22 Sometimes Both The
Direct And Implied
Meaning Are Operative.

23 Imagine If An Enosite
Is At A Horse Show And
Asked,

24 "Which Horse Is
Jumping?"

25 He Or She Might
Receive The Reply, "The
White One Is Jumping."

26 A Color Cannot
Jump,

27 However In This Case,
The Direct Meaning
"White" Refers To The

Scroll 17:27

Scroll 17:40

Implied Meaning
"Horse,"

28 Both Of Which Are
Relevant To The Sentence.

29 The Whole Is
Understood To Mean,
"The White Horse Is
Jumping."

30 Sometimes A Portion
Of The Direct Meaning Is
Retained And A Portion Is
Discarded.

31 Assume That Ten
Years Ago A Certain
Singer, Billy Paul Lived In
Philadelphia,

32 And Was Last Seen By
A Friend At Radio City
Music Hall.

33 Now Imagine That
This Same Friend Sees
Him, Ten Years Later, As
A Wino In Atlanta,
Georgia.

34 He Says, "This Is That
Same, Billy Paul."

35 There Is A Certain
Discrepancy In This
Statement, For The Word
"This" Refers To The
Singer Billy Paul As He
Was Known Before.

36 It Is Associated With
The Idea Of A Successful
Professional Person.

37 Dressed In A Suit And
Separated In Time And
Space By Ten Years And
One Thousand Miles.

38 Certain Elements Are
Contradictory And Must
Be Eliminated.

39 A Successful Singer Is
Not An Unemployed
Wino.

40 Atlanta, Georgia Is
Not Philadelphia,

Scroll 17:41

Scroll 17:52

41 And The Streets Of
Atlanta, Georgia Are Not
Radio City Music Hall,
Which Is In New York
City.

42 Also, The Period Of
Ten Years Cannot Be
Equated With The Time
At Which The Statement
Was Made. □

43 In The Statement,
"This Is That Billy Paul"
Only A Portion Of The
Direct Meaning Of "This"
And "That" Is Retained.

44 The Contradictory
Factors Of Time, Space
And External Appearance
Are Eliminated,

45 While Billy Paul
Himself, The Person,
Remains.

46 It Is Only The Idea Of
A Mr. Billy Paul Free Of
Impermanent Qualities

Which Is
Non-Contradictory.

47 Only After The Mind
Has Gone Through This
Complicated Process,
Which It Does In A Flash
Can This "Billy Paul" Be
Identified With "That
Billy Paul."

48 After This Billy Paul"
Identifies With "That
Billy Paul."

49 After The Opposing
Associations Of Name
And Form Have Been Set
Aside, This Is What
Remains.

50 Billy Paul, The Person
Common To Both, Stands
As The Implied Meaning.

51 "That Thou Art" Can
Be Overstood Only In
Light Of This Kind Of
Reasoning.

52 "That Thou Art" Does

Scroll 17:52

Scroll 17:70

Not Refer To The Direct
Meaning Of The Body,

53 Name,

54 Form,

55 Clothes,

56 Location,

57 Status, Time, And
Place Are Eliminated.

58 Note: Even
Benevolence,

Agreeableness, Or
Goodness Is Binding,

59 Chains May Be Made
Of Gold Or Iron,

60 Nonetheless They Are
Chains.

61 Most People
Misunderstood The Body
To Their Self.

62 They Cannot
Overstand "That Thou
Art,"

63 Because They Lack
The Patience To Consider

Deeply The Significance
Of The Words.

64 Words Are
Double-Edged Weapons.

65 If Mis-Understood,
They Will Be Detrimental
To One's Progress;

66 Properly Overstood
They Can Carry One
Across The Depth Of
Ignorance.

67 The Significance Of
"That Thou Art" Can Be
Grasped Only After Long,

68 Detailed And Careful
Consideration.

69 Then It Will Be
Apparent That An
Enosite Was Made In The
Creator's Image,

70 It Does Not Merely
Mean That El Eloh The
Most High Resembles A
Human Being.

Scroll 17:71

Scroll 18:2

71 For He Also Created
The Animal, Birds, Fish In
Whose Image Are They?

72 Being Men Was The
Only Thing Created That
Was Not Called Good,

73 And Eloheem Saw
That, Light, Day, Night,
Sea, Animal Are All
Good, But Not Man,
Why? If He Is In

Eloheem's Image And
Likeness Why Is It Not
Said Of His Creation?

74 And Eloheem Saw
That It Was Good,
Because It Was Not
Created Good. You Must
Become Good.

75 But Also, One Must
Look Into An Enosite
And Realize The Creator's
Nature Is Enshrined
Therein.

76 The Body Is A

Temple. The Head The
Dome. The Heart The
Altar. The Emotions The
Religion. The Soul The
Preacher Of The Word Of
The Most High. You
Should Be A Word Of
Truth. An Abode Of
Health And Happiness.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Eighteen

"Love"

(19x2=38)

Lo! My Child, True
Religion Consist Of
More Than
Ritualistic Observances,
Baths, And Pilgrimages,
But In Loving.

2 Kosmic Love

Scroll 18:2

All-Embracing And All Inclusive.

3 In The Presence Of Pure Love All Distinctions And Differences,

4 As Well As All Hatred, Racism Jealousy, Egoism Are Dispelled Just As Dirtiness Is Dispelled By The Cleanliness.

5 There Is No Knowledge Higher Than Love.

6 There Is No Treasure Higher Than Love, Because Love Is Truth, Love Is El Elohim The Most High.

7 One Must Strive To Convert Ones Emotion Into Unconditional Love For El Elohim The Most High,

8 Which Is Neither Binding Nor Selfish.

Scroll 18:17

9 The Emotions, When Channeled Properly Can Be Used To Attain Freedom.

10 One Should Transmute The Lower Emotions Into Unconditional Emotions.

11 Emotions Are Weaknesses.

12 And Must Not Be Equated With Divine Love,

13 Which Manifest As Peace And Joy.

14 The Lower Emotions Are Not Suppressed,

15 However, But Are Utilized And Sublimated.

16 Without Emotions There Is No Love,

17 And Without Love One Cannot Approach That Infinite Love That Is.

Scroll 18:18

18 A Child Of The Eloheem Recognizes That Both Love And Hate Are The Two Most Powerful Driving Forces In Life:

19 That Both Emotions Are Healthy And Essential To Life,

20 And To Possess Only One Love Or Hate,

21 And Be Deprived Of The Other Is To Be

Crippled As A Bird With Only One Wing,

22 But To Hate Another Enosite, Is To Hate Yourself. And That To Is Fair, For There Is Times When You Hate What You Have Done, Or Done Things You Hate To Do.

23 A Child Of The Eloheem Realizes That Both Love And Hate In Order To Be Constructive

Scroll 18:33

Must Be Directed In The Proper Channels.

24 And To Do Otherwise Is Destructive And Suicidal.

25 I Love Peace,

26 I Hate War.

27 I Love Happiness,

28 I Hate Sadness.

29 I Love Those Who Hate Me.

30 A Child Of The Eloheem Therefore Makes A Careful Distinction Between His Or Her Loved Ones,

31 And His Or Her Enemies.

32 Through The Higher Emotions The Devotee Reacts Out To The Divine,

33 With Purification The Receptive Heart Receives The Continual Flow Of

Scroll 18:33

Divine Love.

34 The Barrier Between
The Individual Soul And
The Supreme Soul Is The
Ego The Ever Present
Enemy.

35 It Manifest As:

Feeling Of Separateness.

36 Through Purification
One Does Away With
This Feeling Of

Separation,

37 For In The Ecstasy Of

Pure Love And Devotion,

38 The Consciousness Of
The Individual Self Is Lost.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Nineteen
"The Mind"
(19x11=209)

Scroll 19:9

Lo! Oh Nuwaubians I
Am Now About
To Take You On

A Journey Of
Overstanding, One Of
The Best Gift That Has
Been Given To Your
Specie,

2 And That Is The Mind.

3 The Mind Is Neither
Visible Nor Tangible

4 It Exists Not In The
Physical Body,

5 As Does The Brain,

6 But In The Spiritual
Plane, Or What's Called
The Mental Plane.

7 Its Magnitude Cannot
Be Measured,

8 For It Carries All
Feelings, Ideas, And
Impressions From This
Life,

9 As Well As Intuitive
Knowledge Of What Is To

Scroll 19:9

Come,

10 It Is The Mind That
Must Be Corralled And
Controlled In Order To
Achieve That True Peace
Of Union.

11 The Mind Acts Justly
To Its Desires,

12 And Does Not Care
About Consequence.

13 It Thinks Of Some
Pleasant Looking Or
Pleasant Tasting Food,

14 And Must Have Some.

15 When Warned Of The
Poisons It Contains,

16 The Reaction Is To
Disregard The Warning
Find Some Excuse, And
Eat It Anyway.

17 However, The Self,
Pure Consciousness Which
Is Beyond The Mind,

18 Which Is Read From
The Mental Is The Witness

Scroll 19:23

Of All That Is Perceived,
The Plane Of Truth And
About It, The Plane Of
Reality.

19 But It Neither Acts
Nor Reacts,

20 For All Action And
Reaction Takes Place In
The Mind, Which
Received Its Info From
The Mental Reservoir
(Holy Tablets Chapter
Seven).

21 Appearing And
Arriving As Thought
Waves To The Mind.

22 Thought, The Most
Powerful Force In The
Universe, Initiates All
Action In The Brain.

23 Activity Carried Out
On Naasuwt, The
Physical Plane, In Which
Ye Abode, Is Only A
Mirror Of The Inner

Scroll 19:23

Scroll 19:38

Workings Of The Mind.
 24 That Which Is Assumed To Be Reality,
 25 The Physical Environment In Which Each Person Lives,
 26 Is Only A Projection Of The Mind.
 27 In Truth, When The Many Mental Modifications Are Resisted,
 28 One Is No Longer Affected By The Comings And Goings Of The World,
 29 And Self Shines Forth In Undisturbed Purity.
 30 When The Thought Waves Are Still, The Perceiver Rests In His Or Her Own True Nature.
 31 That State Of Pure Consciousness Is Achieved When The Mind Is No

Longer Modified By The Activities Of Thought Waves.
 32 When The Waves Of A Lake Are Stilled, One Can See The Bottom Clearly.
 33 Likewise, When The Thought Waves Of The Mind Subside, One's Essential Nature Becomes Evident.
 34 With The Surrender Of The Ego The Individual Becomes An Instrument In The Hands Of,
 35 El Eloah, The Most High.
 36 He Or She Takes Neither Credit Nor Blame For His Or Her Actions,
 37 For El Eloah Does The Action.
 38 The Devotee Thinks Of Nothing But El Eloah,

Scroll 19:38

Scroll 19:51

The Most High.
 39 El Eloah, The Most High Is His Or Her Constant Thought Wave,
 40 And Fills Every Mental Space.
 41 Control Of The Mind,
 42 And Annihilation Of The Ego Are The Essence Of All Spiritual Disciplines,
 43 Including Emotional Ones.
 44 Even On An Essentially, Emotional Path, The Intellect Must Not Be Neglected,
 45 If It Is Disregarded, One Can Degenerate In Fanaticism.
 46 If, On The Other Hand, It Is Transcended The Devotees Experiences, The Highest State Of Supreme Devotional

Ecstasy.
 47 Your Motivation Should Be The Simple Desire To Love To Serve El Eloah, The Most High.
 48 Only With This Attitude Will The Ego Disappear.
 49 One Cannot Attain Liberation Until All Desires, Including Spiritual Desire Itself Have Been Burned.
 50 Pure Peace Is Devoid Of Desire, Ignorance And Emotions.
 1 Desire
 2 Ignorance
 3 Emotion
 D I E
 Die= Death!
 51 Pure Love Is Love Untied By Lust, And It Is Difficult To Develop.

Scroll 19:52

Scroll 19:66

52 Encompassing A Pure
Desire To Touch And
Embrace His Or Her
Physical And Astral Form,

53 This Is Encountered
Frequently In The Poetry
And Writings, Of The
Ancient Mystic Order Of
Melchizedek, The True
Mystic.

54 If One Enosite Calls
Another A Fool,

55 It Is Only A
Verbalization,

56 A Vibration In The
Air.

57 But What A
Thundering Thought
Wave It Creates.

58 One Simple Unreal
Word Wreaks Havoc;

59 Throwing The
Physical And Emotional
Bodies Into Chaos,

60 Destroying All
Happiness And Peace.

61 One Is Not A Fool
Because He Or She Is
Called A Fool.

62 If A Person Were
Called A Donkey, He Or
She Would Not Grow
Longer Ears And A Tail.

63 Yet, It Is Not Unusual
For People To React In
Anger To Such Statement,

64 And In The Process,
Actually Give Validity To
Them.

65 The Mind Attributes
Meaning To Words By
Which The Delicate
Degree Of Difference Of
The Words Are Perceived
By Any Of The Senses,

66 Or By The Mind,
Giving Them A False
Reality.

Scroll 19:67

Scroll 19:81

67 Such Reactions To
Meaningless Vibrations Is
The Cause Of Countless
Human Troubles.

68 Overreaction To
Words And Jumping To
Conclusions Are
Weaknesses Of The Mind.

69 The Thought Waves,
Must Be Restrained At All
Times.

70 One Must Be
Particularly Wary Of
Praise,

71 For This Too Is Verbal
Delusion,

72 And The Ego Is Ever
Ready To Pounce On Any
Opportunity To See Itself
As Better Or Different
From Others.

73 Not Everyone Is
Going To Feel The Same
Way As One Who
Bestows A Compliment.

74 Inevitably The
Pendulum Swings In The
Other Direction,

75 And Criticism Will Be
Heard Sooner Or Later.

76 But True Happiness
Should Not Rest On
Praise Or Abuse,

77 For In All Conditions,
Your True Essence Is
Beyond Quantities And
Beyond Change.

78 Just As Water May
Become Steam Or Ice, It
Still Retains Its
Underlying Essence.

79 The Weaker A Person
Is The Less Restrains He
Or She Has Over Verbal
Essence.

80 Then The Mind Is Not
Concentrated,

81 The Perceiver
Identifies With Its
Modification.

Scroll 19:82

Scroll 19:103

82 Then Thought Waves Arise,

83 There Is The Immediate Tendency To Identify With.

84 The Thought Waves Spawns A Host Of Others.

85 The Mind Is A Slave To Its Preoccupation's,

86 Identifying With The Same Problem Where Ever It Is.

87 The Thought Waves Gives Rise To Countless Others,

88 All In Search Of Happiness.

89 But In Fact, It Is Only Foolishness, For The Very Rising Of The Thoughts Themselves Destroys The Peace That The Mind Craves.

90 There Are Five Types

Of Thought Waves,
91 Some Of Which Are Painful And Some Which Are Not.

92 The Five Kinds Of Thought Waves Are:

93 Right Knowledge,
94 Erroneous

Overstanding,
95 Verbal Delusion,

96 Sleep,
97 Memory,

98 Correct Perception,
99 Interference,

100 And Competent Testimony Are Proofs Of Correct Knowledge.

101 Right Knowledge, That Is Knowledge Based On Facts, Can Be Proven In Three Ways,

102 But None Of The Proofs May Contradict One Another.

103 Examine Yourself

Scroll 19:103

Scroll 19:122

The Next Time That You Are Angry, Or Miserable.

104 Reason It Out, And Note The Modification Of The Mind.

105 Gaining Freedom From Verbal Delusion Is Essential For Strengthening The Mind.

106 This Is The Wisdom!
107 I Am A Student Of A

Great Teacher,
108 Alright Put This In

Your Heart.
109 It Is Wisdom That I

Give To You.
110 I Am A Student Of A

Great Teacher.
111 I Walk With The

Teacher.
112 I Talk With The

Teacher.
113 I Learn From The

Teacher.
114 And Of Course I

Learn To Love The Teacher.

115 Eventually An Enemy Comes And Kills The Teacher, Correct.

116 And It Transforms Me From A Student To A Revengeful Man, And I Get A New Attribute.

117 And I Want Revenge On The Man Or Thing That Killed My Teacher.

118 And I Set Out On A Journey Throughout The World, Seeking Out The Man Who Killed My Teacher.

119 And I'm Motivated By That Purpose.

120 I'm Going To Kill The Man Because He Or She Killed My Teacher.

121 That's Why I'm Doing It.

122 I'm Not A Killer By

Scroll 19:122

Scroll 19:140

Nature.

123 I Made Myself A
Killer, And I Have A
Justified Reason Now.

124 I'm Going To Kill
This Man.

125 Why Will You Kill
This Man?

126 Because He Or She
Killed My Teacher, And
That Is My Reason.

127 That's My Sole
Reason.

128 So After Long Hunts
And Travels, And
Pursuits, I Finally Corner
This Man.

129 You Follow Me?

130 And I Look Him
Straight In His Eyes As I
Take Out My Sword.

131 The Man Has Terror
In His Eyes Because He
Knows How Close He Is
To Death.

132 And As I Raise The
Sword, And I Get The
Satisfaction Of Being Able
To End This Quest,

133 And Relieve Myself
Of This Anger Towards,
This Man Who Killed My
Teacher,

134 And That Is The
Reason Why I'm Going
To Kill This Man.

135 That Is The Only
Reason,

136 Can Your Overstand
That?

137 The Man, In Fright
And Terror Hocks And
Spits In My Face.

138 What Do I Do Now?

139 Should I Walk
Away?

140 If So Should You Say,
"I Pursued This Man For
Thirty Years, And I
Finally Got Him

Scroll 19:140

Scroll 19:158

Cornered.

141 The Man Who Killed
My Teacher.

142 He Cut Off My
Source Of Divinity Or My
Connection With The
Divine,

143 And I Want To Kill
Him For That Purpose.

144 For That Purpose
Only, Because He Or She
Has Interfered With My
Journey.

145 What Do I Do When
He Or She Hocks And
Spits In My Face?

146 Do You Say, Thank
You?

147 Yes, You Say Thank
You.

148 Why Do I Thank
Him?

149 Because You Have
Another Reason To Kill
Him.

150 And If You Kill Him
On Behalf Of Yourself
And Not Your Teacher
You Will Be A Killer And
Not An Avenger.

151 That's A Thought.

152 You Have Another
Reason To Kill Him.

153 Something Made
You Realize That It's
Stupid Chasing Him,

154 To Kill Him Just For
Spitting In Your Face..

155 How Did He Or She
Make You Realize That
It's Stupid?

156 What Do You Do
When This Man Hocks
And Spits In Your Face
Now?

157 You've Already Got
Your Sword Out;

158 Ready To Chop His
Or Her Head Off Because
He Or She Killed Your

Scroll 19:158

Scroll 19:179

Teacher,
 159 And Cut Off Your
 Source Of Divinity,
 160 Now He Or She Has
 The Audacity To Spit In
 Your Face?
 161 Do You Kill Him?
 162 Why Would You Kill
 Him.
 163 Why Wouldn't You
 Walk Away?
 164 I Would Walk Away.
 165 Walking Away
 Would Be Right,
 166 But You Don't Know
 Why You Are Right And
 That Makes It Wrong.
 167 You Are Right.
 168 Just Say I Walk
 Away.
 169 I Took My Sword
 And Put It Away, And I
 Turned Around And
 Walked Away.
 170 And That's Right.

171 But You Have To
 Know Why You're Right,
 Otherwise It's Wrong.
 You Don't Overstand.
 172 The Reason Why It's
 Right Is Because;
 173 My Reason For
 Pursuing This Man All
 These Years;
 174 Is Because He Or She
 Killed My Teacher.
 175 Not Because He Or
 She Spit In My Face.
 176 I Would Have To
 Leave This Man, And Go
 Back To Where I Started
 And Regroup The
 Reasoning,
 177 And Now Pursue
 Him Because He Or She
 Spat In My Face.
 178 Otherwise If I Kill
 Him, I Become A Killer
 For The Wrong Reasons.
 179 Thus, My

Scroll 19:179

Scroll 19:201

Justifications Defeat
 Themselves.
 180 The Wisdom Is A
 Holy Enosite Was Once
 Insulted In Front Of His
 Or Her Disciple,
 181 By A Non-Believer
 Who Spat Upon His Face
 Several Times.
 182 Not One Muscle
 Twitched,
 183 Nor Did His Calm
 Facial Expression Change,
 184 Because He Did Not
 Identify With His Physical
 Sheath.
 185 His Mind Was
 Centered In El Elohim, The
 Most High.
 186 Can You Imagine
 The Strength Of That
 Mind?
 187 No Matter What Was
 Done To Him,

188 He Responded With
 One Thought,
 189 That Of Pure Love.
 190 A True Eloheem
 Will Not React In Anger
 191 For To Him Insult
 And Praise Are The Same.
 192 Restraint Of Thought
 Waves Does Not Mean
 Suppression.
 193 Suppression Jams Up
 Violent Emotions.
 194 For Various Reasons,
 People Abuse,
 195 Suppressing Anger,
 196 Or Pain
 197 By Smiling,
 198 And Carrying A Stiff
 Upper Lip.
 199 The Restrained
 Thought Waves Must Be
 Given An Outlet.
 200 They Must Be
 Sublimated,
 201 And Channeled Into,

Scroll 19:202

Scroll 20:9

202 Such Uplifting
Activities,
203 As Chanting,
204 Repetition,
205 Exercise,
206 Singing,
207 And Meditation,
208 On Opposite,
209 And Positive
Thoughts.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty
Exchange Anger For
Love And Sorrow For
Joy.
(19x2=38)

Lo! A Change In
Character Occurs
Only Through
Formation Of New
Habits.

2 Control Can Be Gained
By Non-Attachment Or
By Eliminating Emotional
Reactions To Situations
And Individuals.

3 Non-Attachment Does
Not Mean That There
Should Not Be Love Or
Compassion,

4 But Rather That
Emotional Thought Waves
Are Ignored.

5 The Thought Waves
May Arise, But They Are
Observed In A

Disinterested Fashion,
6 Then Put Aside.

7 Non-Attachment Is A
State Of Mind.

8 It Is In-Difference Of
Objects Of The World.

9 It Involves Being
Unaffected By The Pull Of
Likes And Dislikes.

Scroll 20:10

Scroll 20:25

10 Whenever The Mind
Acquires A Taste For A
Particular Sensation Or
Pleasure, It Becomes
Attached To It.

11 The Mind Recalls The
Experience And Desires
Repetition Of It.

12 It Is This Craving That
Creates Pain.

13 Non-Attachment Does
Not Necessarily Mean The
Cessation Of Life In
Society.

14 It Involves Separating
Oneself From The Binding
Emotions Of That Life.

15 Renunciation Is A
Great Aid To The
Attainment Of
Non-Attachment.

16 By Giving Up Objects
Of The Senses,

17 The Mind Is Quickly
Stilled.

18 But It Is Best To
Remember That
Non-Attachment Is Not
Synonymous With Not
Having.

19 One Can Own
Nothing And Yet Be Full
Of Desires.

20 If A Person Is Fond Of
Cherry Ice Cream,

21 Binding His Or Her
Hands,

22 And Taping His Or
Her Mouth Will Not Keep
His Or Her Mind From
Dwelling On This Treat.

23 The Basis Of
Non-Attachment Is The
Internal Realization Of
The Worthlessness Of The
External World.

24 Objects And Desires
Then Automatically Fall
Away.

25 But Renunciation

Scroll 20:25

Scroll 21:1

Does Not Mean Running
Away From Society,

26 Duties,

27 And Responsibilities,

28 As Is Sometimes
Assumed.

29 It Means Carrying On
With One's Duties In A
Dispassionate,

30 Unattached Way.

31 The More You Want,
The Last You Get.

32 Those That Must Have
Never Are Really
Satisfied.

33 Desire Is The Lead To
Suffering.

34 Take Less And Don't
Be Obligated.

35 Care For Your Mate
Not To The Point Where
You're A Pain To Love
And Hard To Live With.

36 Things Will Happen
With Or Without You, So

Don't Have To Be A Part
Of It All.

37 That Does Not Mean
Don't Be A Part. Just
Don't Have To Be A
Part.

38 This World In
Temporally, Don't Need
It, Or You Will Be Bound
To It All, And It Never
Really Gives.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty One
"Power Knowledge And
Control"
(19x1=19)

Lo! ENOSITES,
Knowledge Of
Something Not

Only Gives Control Over
It, But Over Those Who

Scroll 21:1

Scroll 21:18

Have No Knowledge Of
It.

2 One Buys A Certain
Brand Of Toothpaste In
Preference To Another
Out Of Ignorance;

3 The Advertisers Know
Human Weakness.

4 They Claim That One
Brand Has More Sex
Appeal Than Another.

5 And Thus Play On The
Weakness Of The Mind.

6 Everybody Manipulates
Power In This Way.

7 Politicians Concentrate
Their Energies On
Outwitting Each Other
And The Public.

8 They Come Up With
Such Slogans As "Law
And Order" And "Peace
With Honor",

9 And Bombard The
Public With Their Energy

In Order To Control The
Mass Mind.

10 Gaining, Some Yogis
And Swamis Use Such
Simple, Silly Tricks And
Devices,

11 As Tiger Skins To
Capture One's

Imagination,
12 And Hence The Mind.

13 If The Mind Can Be
Tricked,

14 It Can Be Controlled.

15 Laboratory
Experimentation Is; In
Effect, Scientific

Meditation.
16 When The Scientist
Discovers What Has
Caused A Certain
Mysterious Disease,

17 He Or She Will Then
Have A Basis For Cure.

18 There Are
Principalities In High

Scroll 21:18

Places Trying To Discover
The Secrets Of Nature,
19 In Order To
Manipulate And Control
Natures Energies.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty Two
Purification And
"Spiritual Practice"
(19x9=171)

Lo! Nuwaubians, I
Am About To
Take You On A
Journey To Learning The
Importance Of
Purification,

2 And Spiritual Practice.
3 Ye Must Always
Remember That Ye Shall
Always Take Care Of
Your Spirit,

Scroll 22:13

4 And The First Step Is
To Take Care Of Your
Physical Body,

5 Which Houses The
Spirit.

6 Three Basic Steps
Involved In Spiritual
Practice Are:

7 Severely Simple Living,

8 Self-Study

9 Surrender To El Eloh,
The Most High.

10 Austerity Does Not
Mean Physical Abuse Or
Severe Rigors.

11 It Refers To Strict
Control For The Senses In
Order To Conserve
Energy For Higher
Pursuits.

12 Austerity In This
Sense Means Fasting
Occasionally,

13 Rise Earlier, Instead
Of Sleeping Late,

Scroll 22:14

14 And Reducing Certain
Physical Comforts For
The Sake Of Greater
Control Of The Mind.

15 What Keeps The Mind
Flowing In The Desired
Direction?

16 Surrendering To El
Eloh, The Most High's
Will.

17 One Also Surrenders
The Fruits Of Work
Performed.

18 This Is Selfless Where
One Regards Oneself As
The Instrument Of El
Eloh,

19 And Serves Humanity
With No Thought Of
Either Credit Or Blame.
El Eloh Does Not Work
For You, He Works With
You.

20 Ignorance, Is The Lack
Of Awareness Of Reality.

Scroll 22:27

You Can't Really Ignore
A Talking And Moving
Person.

21 It Is Identification
With The Temporal
World Rather Than With
The Imperishable Self.

22 Egoism Is The "I-Ness
And My-Ness,"

23 Which Creates The
Illusion That The Physical
Body Is The Real You.

24 "Likes/Dislikes"-
When A Person Is Swayed
By Feelings Of Attraction
And Aversion,

25 He Or She Is
Identifying With The
Material World,

26 And Setting Him Or
Herself Up For The Pain
Of Loss And
Disappointment.

27 Fear Of Death, Or
Clinging To Life, Is

Scroll 22:27

Scroll 22:48

Binding And Stiffening.
 28 None Can Say When
 Death Will Come.
 29 Fear Of Death Is
 Useless Imagination,
 30 A Waste Of Energy,
 31 And Creates Waves Of
 Pain,
 32 Which Exist Only In
 The Mind.
 33 Ignorance Is The
 Cause Of The
 Above-Mentioned
 Afflictions,
 34 Which Follow It,
 35 Whether They Be
 Latent,
 36 Weak,
 37 Suppressed,
 38 Or Aggravated.
 39 The Suffering Which
 Comes From Egoism,
 40 Attractions,
 41 Repulsion,
 42 And Fear Of Death

All Stem From Ignorance,
 43 Regardless Of The
 Degree To Which They
 Manifest.
 44 As The Root Of The
 Other Obstacles,
 Ignorance Of The True
 Nature Of The Self Is
 Identification With The
 Body And Mind.
 45 When Ignorance Is
 Replaced By
 Enlightenment,
 46 All Other Causes Of
 Pain Automatically
 Disappears.
 47 When In A State Of
 Ignorance, If An Enosite
 Mistakes What Is
 Mundane, For What Is
 Supreme;
 48 He Or She Cannot
 Differentiate Between
 That Which Will Bring
 Pain To- The Mind And

Scroll 22:48

Scroll 22:62

Body,
 49 And That Which Will
 Bring Immortality.
 50 Egoism Is Manifest
 When The Individual
 Cannot Distinguish His
 Or Her Self From His Or
 Her Senses And Mind.
 51 He Or She Sees Him
 Or Herself As Separate
 From The Rest Of The
 Enosite,
 52 Reacting To Others
 With A Sense Of
 Competition Rather Than
 Cooperation.
 53 Attraction Is That
 Which Dwells On
 Pleasure.
 54 Most Think Of
 Attraction And Pleasure
 As Positive Things,
 55 But When Associated
 With Objects Of The

Material World They
 Inevitably Bring Pain.
 56 Nothing In The
 Physical World Is
 Permanent;
 57 Hence The Constant
 Fear Of Loss,
 58 And Loss Itself Keeps
 Those Seeking Pleasure In
 An Unhappy State.
 59 This Is Why The
 Spiritual Person Learns To
 Cultivate A Dislike For
 Worldly Pleasures.
 60 He Or She Is Never
 Disappointed Or
 Unhappy.
 61 The Result, Ironically,
 Is That By Not Seeking
 Pleasure He Or She Is
 Always Happy.
 62 Just As Attraction
 Brings Pain, So Does
 Aversion.

Scroll 22:63

Scroll 22:76

63 The Mental Attitude
Of Aversion Is A Negative
One,

64 And Often Make A
Neutral Situation Appear
As If It Were One To Be
Avoided.

65 It Is Not Possible To
Avoid All Distasteful
Circumstances.

66 When There Are Likes
And Dislikes, A Person
Cannot Be Happy.

67 He Or She Is Dwelling
On Illusory Pairs- Of
-Opposites,

68 Rather Than Learning
To Be Content In All
Situations,

69 And Surrendering To
El Eloh's Plan For His
Or Her Growth.

70 Fear Of Death Is The
Continuous Desire To
Live Which Is Rooted

Even In The Minds Of
The Wise.

71 The Fear Of Death Is
The Fear Of Loss Of
Identity,

72 Of Letting Go Of The
Ego,

73 Even When All Else Is
Given Up, There Is Still
The Clinging To Life.

74 When These Various
Afflictions Are A Minor
Distraction To The

Aspirant;

75 They Can Be Merged
Back Into Their Cause By
Substituting The Opposite
Mental Modifications.

76 For Example, If
Egotistical Thoughts
Arise, They Can Be
Combated By Focusing
On THE ALL And You
Being A Part Of A Greater
Love.

Scroll 22:77

Scroll 22:88

77 If Feelings Of
Attraction Or Avoidance
Enter The Mind, Then
Contentment Or
Acceptance Can Be
Substituted.

78 If The Afflictions Are
Overt And A Great
Distraction To The Mind,
They Can Be Alleviated
Through Regular
Meditation And Prayer.

79 The Law Of Fate
States That Every Action
Brings About An Equal
And Opposite Reaction.

80 Whatever Is Done To
Others Will Return To
The Doer Most People
Are Continually Creating
New Fatal Situations.

81 This Is Due To
Ignorance And Its
Accompanying Afflictions.

82 Before Final
Emancipation, All Debts
Of Fate Must Be Worked
Out,

83 Whether One Decides
To Do So In The Present
Life A Form Of Hell Or
On The Lower Planes,
84 Which Are Referred
To As Hell.

85 Each Must Reap What
He Or She Sows.

86 Various Life
Experiences Are Due To
The Situations Of Fate
That Has Earned Him Or
Her By His Or Her
Thoughts, Words, And
Deeds.

87 They Have Pleasure
Or Pain As Their Fruit,

88 According To
Whether There Is Virtue
Or Vice.

Scroll 22:89

Scroll 22:104

89 Overstanding This,
The Spiritual Person
Strives To Do Only
Agreeable Actions,

90 And To Accept
Peacefully The Ill That
Comes His Or Her Way;

91 So That All His Or
Her Seeds Of Fate Are
Burned,

92 And No New Ones
Are Sown.

93 Violence To Others
Whether In Thought
Word, Or Deed, Must Be
Avoided.

94 Non-Injury Means
More Than Refraining
From Inflicting Physical
Pain.

95 Mental Pain Can Be
Far More Devastating.

96 When One Is
Established In Complete
Harmlessness, Even Wild

Animals Will Approach In
Peace.

97 The Function Of
Truth Is To Maintain
Harmony Through Trust.

98 It Is Better To Be
Silent Than To Tell A
Truth That Will Cause
Pain Or That Springs
From A Wrong Motive.

99 A Truthful Person Has
Power, For What He Or
She Says Comes To Pass,

100 And His Or Her
Words Becomes Law.

101 Cleanliness Also
Extends To The Mind.

102 Only When The
Mind Is Purified Of All
Things Can It Be A Pure
Mirror For Clear
Reflections.

103 Laughter Comes
From Stimulation,

104 But A Smile Comes

Scroll 22:104

Scroll 22:121

From Inner Peacefulness,

105 Satisfied With Itself,
The Mind Needs Nothing
Else For Its Contentment,

106 Which Grows In
Proportion To Awareness
Of The Inner Self.

107 The Mind Should Not
Be Affected By External
Objects.

108 They May Be
Possessed, But With
Detachment.

109 Do Not Let Them
Possess The Mind.

110 Austerity Means
Curtailing The Insatiable
Demands Of The Senses.

111 Drink Water Instead
Of Bad Drinks.

112 Practice Silence Instead
Of Talking Loud.

113 Control Greed.

114 Counteract Sleep By

Getting Up Early.

115 When The Mind Learns
That Its Demands For
Pleasure Will Not Be Met
Through The Senses,

116 It Stops Its Useless
Wandering And Turns
Inward.

117 Control Of The Senses
Clears The Way For Such
Powers As Telepathy And
Clairvoyance.

118 Study Of Spiritual
Works And The Holy
Tablets Helps To Keep A
Person On The Right Path.

119 The Book Alone,
However, Can Only Take
One So Far,

120 And Can Lead To
Intellectual Pride.

121 Surrender To The Will
Of El Eloah, The Most
High, Is Necessary

Scroll 22:121

Scroll 22:138

For Ultimately Everything
Depends Upon His Grace.

122 When Negative Or
Harmful Thoughts
Disturb The Mind,

123 They Can Be
Overcome By Constant
Pondering Over Their
Opposites.

124 One Must Be Ever
Alert, Always Watching
The Mind.

125 When Useless
Thought Waves Arise,
Immediately Replace
Them With Positive
Thoughts,

126 Thus Creating New
Mental Habits That Are
Conducive To Spiritual
Growth.

127 Negative Thoughts
And Emotions,

128 Such As Violence,

129 Whether Committed,

Abetted Or Caused
Through Greed,

130 Anger Or Delusion,

131 And Whether Present
In Mild, Medium Or
Great Intensity,

132 Result In Endless
Pain And Ignorance.

133 Thus There Is The
Necessity For Pondering
Over The Opposites.

134 All Thoughts,
Emotions, And Actions
That Are In Opposition
To Righteousness;

135 Bring About The
Fate Of Further Pain And
Ignorance.

136 This Is True
Whether The Action Is
Actually Carried Out,

137 Remains In Thought
Form, Or Is Incited In
Others.

138 Whatever The Cause,

Scroll 22:139

Scroll 22:151

139 Whatever The Degree
Of Involvement, Fate Is
Still Incurred.

140 This Is Why It Is
Necessary To Substitute
Positive Subliminal
Thoughts The Moment
Negative Ones Are
Caught Arising In The
Mind.

141 One Who Is Firmly
Rooted In Non-Violence
Radiates This Conviction
To Others.

142 He Or She Is So
Powerful That Not Even
Violent Thoughts Can
Exist In His Or Her
Presence.

143 The More A Spiritual
Person Flees From
Material Objects,

144 The More They Seem
To Come To The Enosite.

145 The Purpose Of This
Natural Law Is Two-Fold.

146 The First Is So That
He Or She May Be Tested
And Confirmed In His Or
Her Renunciation.

147 The Second Is So
That He Or She, As A
Wise Person, May
Appropriately Dispense
The Wealth To Benefit An
Enosite.

148 An Enosite Is Ever
Searching For Happiness
In External Objects,

149 But It Can Only Be
Attained When The Mind
Is Satisfied With What Has
Been Allotted And Is No
Longer Looking.

150 When The Mind Is
Stilled And Contended,
Happiness Is Automatic.

151 When Austerities,

Scroll 22:151

Scroll 22:164

Self-Imposed Disciplines, Three Primary
Are Practiced, Colors-Red, Yellow And
152 Great Will Is Blue.
Developed, 158 An Object Is Not
153 And The Abilities Of Dependent On One's
His Or Her Physical Body Mind;
And Senses Are Extended 159 For It Still Exists
Beyond What Is Whether Or Not It Is
Considered Normal. Perceived By That Mind.
154 Only By 160 The Soul Absorbs All
Surrendering One's Will, Of The Changes Through
One's Ego, One's Life, To Which The Mind Goes
El Elon Is The Because It Is The External
Superconscious State Witness.
Attained. 161 All True Knowledge
155 The Reality Of An Exists Permanently In The
Object Is Due To The Self,
Uniqueness Of Change. 162 While The Mind Is
156 Each Object On The Constantly Being
Material Plane Can Be Modified By Thought
Identified And Called A Waves.
Reality; 163 The Mind Is
157 Because It Is Made Something That Can Be
Up Of Its Own Unique Observed As An Object,
Combination Of The 164 And Not The Source

Scroll 22:164

Scroll 23:5

Of Knowledge Just As Confusion Of Memory.
King,

165 Also Called Sheshqi,
And Lunar, Which Ye
Call The Moon; Is Not A
Source Of Light But A
Reflection Of Shamash,
The Sun.

166 It Cannot Perceive
Two Things At Once.

167 Even Though
Thoughts Are Formed In
A Split Second,

168 Still Only One
Thought Form Exists In
The Mind At One Time,

169 So It Is Impossible
For The Mind To Be
Perceiving Itself While It
Perceives Something Else.

170 If One Mind Could
Perceive Another,

171 Then There Would Be
Cognition (Awareness) Of
Cognition, As Well As

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty
Three
"About The Mind"
(19x4=76)

The Mind Can
Neither Perceive
Itself Nor Perceive
Another Mind,

2 For If This Were The
Case There Would Be
Complete Confusion Of
The Knowledge,

3 And Memory Of The
Different Minds. The
Mind Is But An
Instrument.

4 All Knowledge Come
From Beyond It.

5 From The Mental.

Scroll 23:6

Scroll 23:24

6 Knowledge Of Itself
Comes Through The
Self-Cognition Which
Occurs When The Mind Is
Stilled,

7 The Explanations That
The Mind Cannot
Perceive Itself.

8 The Mind Is Stilled And
Allowed Perception Of
Itself Through The Right
Knowledge Gained By
The Self Is Then Also
Known By The Mind.

9 Then Does The Mind
Have Full Knowledge.

10 Obviously Then, It Is
Not Intellectualization But
Meditation That Brings
Self-Knowledge.

11 Mind, Though Filled
With Innumerable
Tendencies And Desire,

12 Acts For The Self,

13 For They Act In

Conjunction.

14 Mind Is Directly
Associated With The Self
So It Acts For The Self,

15 While It Is Still Full
Of Worldly Thoughts.

16 Through
Discrimination, One Can
Clearly Overstand That
The Soul And Mind Are
Not The Same.

17 The World Is Full Of
Avarice,

18 Hypocrisy,

19 Flattery,

20 Untruth,

21 Double-Dealing,

22 And Selfishness,

23 And Those Who
Profess To Be Friends Are
Often One's Greatest
Enemies.

24 Beware Of
Self-Proclaimed Friends
Who Came For Money

Scroll 23:24

Scroll 23:38

And Other Comforts,

25 When Circumstances
Are Affluent,

26 Then Disappear When
The Tide Has Turned.

27 These Fair-Weather
Friends Give Their Own
Brand Of Advice,

28 Waste Precious Time
In Useless Chatter,

29 And Pull One Off The
Spiritual Path And Down
To Their Own Level.

30 Of Course, Most
People Do Not Like To
Think That This Is True.

31 Most Would Like To
Feel That Their
Relationship Is Based On
The Fear Of Being Alone
And The Desire For
Diversion.

32 One Should Cut Off
Connections That Are
Not Beneficial And Trust

Only The Inner Voice
That Dwells In One's
Heart.

33 Associate Only With
Those Own Aspirations
For Perfection Are
Uplifting And
Encouraging.

34 Useless Talking And
Excessive Debating Should
Also Be Eliminated.

35 Diarrhea Of The
Tongue Wastes Much
Energy That Could Be
Utilized For Personal
Development.

36 Too Much Talking
Makes A Person Restless.

37 And Like A Tape
Recorder Cannot Record
And Play At The Same
Time,

38 A Person Cannot Talk
And Learn At The Same
Time.

Scroll 23:39

Scroll 23:52

39 The Wise Speak Only A Few Words, And Then Only When Necessary,
40 For By Their Very Economy They Will Carry The Most Force.

41 To Help Calm, Center And Discipline The Mind,

42 Silence, Can Be Observed For About Two Hours Daily In Addition To The Time Spent In Meditation.

43 In Order To Be Of The Most Practical Value,

44 Silence Is Best Practiced At Those Times When There Is The Most Opportunity To Talk.

45 People Of An Intellectual Nature Are Often Prone To Unnecessary Decision And Controversies.

46 A Person Who Is Unable To Remain Quiet Easily Becomes Involved In Heated Debates,

47 Too Many Of Which Leads To Enmity, Hostility And Energy Drain.

48 When Intellectual Reasoning,

49 Which Is Normally Concerned Only With Investigation Of The

Physical Plane, Is Used For Metaphysical Inquiry,

50 It Can Lead The Student To The Threshold Of Intuition.

51 Past This Point, However, It Is Of No Use Of Transcendental Matters,

52 And Are Beyond The Reach Of Reason.

Scroll 23:53

Scroll 23:67

53 One Must Give Up Arguing.

54 Become Silent And Look Within.

55 Fault-Finding Is, Likewise, A Most Detrimental Habit.

56 The Mind Of The Person Who Is Always Poking His Or Her Nose

Into The Affairs Of Others Is Always Outgoing And Out Of Control.

57 No One Can Be Introspective When The Mind Is Engaged In Activity Of This Sort.

58 Diligent Application To Spiritual Practice Allows No Time For Managing The Affairs Of Others.

59 Forget The Shortcomings Of Other

People And Work To Improve Yourself First.

60 Life Is Precious And Short.

61 No One Knows When It Will Be Taken Away.

62 Every Minute Should Be Used For Much Higher Purposes Than Gossiping And Judging Others.

63 Self-Justification Is Another Behavioral Weakness To Be Overcome,

64 Along With Its Associated Characteristics,

65 Self Assertion, Obstinacy, Dissimulation And Lying.

66 Once These Weaknesses Become Established In The Framework Of The Personality,

67 It Is Very Difficult To

Scroll 23:67

Scroll 23:4

Eliminate Them,
68 For The Ego Never
Admits To Its Own Faults.

69 One Lie Covers
Another, An Endless
Succession Of Vain
Attempts At
Self-Justification.

70 Improvements Come
Quickly,

71 And Rapidly Only When
One Learns To Readily
Admit His Or Her Faults,

72 Mistakes And Weakness.

73 To Have A Petty-Mind
Is Closely Associated With
Back-Biting And Trying To
Pull Down Other People.

74 All Are Caused By
Jealousy And Ignorance.

75 This Can Easily Be

Combated And Eradicated,
76 By Always Rejoicing In
The Welfare Of Others.

**Mine Your Mind For The
Jewels Of Your Soul**

Scroll Twenty Four

"Uprooting Ego"
(19x3=57)



In Scroll Two, I
Have Brought To
Your Attention The
Knowledge On What Ye All
Carry Within Your
Personality,

2 And That Is The Ego.

3 Now I Must Teach You
How To Uproot The Ego.

4 It Must Be Evident By

Scroll 24:4

Scroll 24:20

Now That Being
Righteous,

5 Being A Child Of The
Eloheem,

6 An Elohim, Or El
Meditating Being Saved,

7 Or Being Religious
Entails Far More Than

Just Making A Claim,
8 Sitting With Eyes

Closed, And Legs Crossed,
Saying,

9 "I'm God," Or Lip
Confessions.

10 It Demands Rigorous
Introspection And An

Overhauling Of One's
Personality.

11 Life Patterns And
Values.

12 Behavior Correction
And The Uprooting Of

Weaknesses Are Relatively
Easy Adjustments To

Make.

13 The More Obstacles,
Which Lie Deep Within,

14 The Emotional
Imbalances And

Personality Defects That
Nurture Outward

Malevolent, Dis-agreeable
Habits.

15 The Petty Obstinate
Egoism Behind The Mask

Of The Human
Personality Is One Of The

Biggest Hurdles To
Overcome,

16 For It Veils The Light
Within,

17 Supports Sur-Face
Thoughts,

18 And Perpetrates Its
Own Habitual Feelings

And Actions.

19 This Lower Self
-Arrogant Nature Must Be

Whittled Down,
20 For If It Persist In

Scroll 24:20

Scroll 24:35

Retaining Its Limited, Habits,
False Values, 28 And The Sincere
21 No Amount Of Person Who's Just
Spiritual Practice Will Attempting To Change
Bear Fruit. Often Feels Helpless
22 Too Often People Against Them.
Profess Of Being 29 By Regular Spiritual
Righteous, Practice,
23 Yet They Are 30 Untiring Selfless
Unwilling To Eradicate Service,
The Lower Nature And 31 Association With
Change The Old Habits. Spiritually Minded People,
24 Clinging To Them 32 And Strong
They Refuse Even To Determination To
Admit The Need For Eradicate Egoism A
Change. Powerful But Selfless Will
25 This Type Of Is Developed.
Individual Will Never 33 One Must Introspect
Make Any Real Progress, And Discover All
26 For Without Radical Weakness And Defects.
Transformation Of The 34 The Transmitting Of
Lower Nature, One Goes Lower Nature To Higher
No Where. Nature Demand Full And
27 It Is Not Easy To Heartfelt Dedication.
Change Deeply Ingrained 35 Sometimes The Old

Scroll 24:35

Scroll 24:49

Personality Attempts To 44 Wallowing In
Reestablish Itself, Self-Justification, And
36 Even After Years Of Denying Faults And
Purifying. Defect,
37 Obstinate Self 45 The Person May Be
-Assertive, Unaware Of The Effects
38 And Self Supportive Of His Or Her Actions,
By The Lower Mind And 46 For The Intellect Had
Will, Been Clouded By
39 It Can Make The Impurities,
Aspirant Incorrigible, 47 Not Knowing What
40 Unruly Arrogant And He Or She Means And
Impertinent. Not Meaning What He Or
41 Identifying With The She Says,
Ego, He Or She Breaks All 48 He Or She Is Too
The Rules And Self-Willed And
Disciplines, Self-Satisfied To See The
42 Revolts Against All Error Of His Or Her
Things. Ways.
43 And All Is Ever Ready 49 One Who Is Not
To Fight With Those Who Straight-Forward And
Are Unwilling To Respect Cannot Keep Discipline
His Or Her Views And Or Open His Or Her
Opinions. Heart To Others, Cannot

Scroll 24:49

Scroll 25:4

Be Helped By Any Teacher.

50 Nothing Can Help One Who Deliberately Shuts His Or Her Eyes Against The Truth.

51 Such A Person, Instead Of Making Progress Along Life's Path, Remains Stuck In The Mirror Of His Or Her Own Creation.

52 If There Is Any Recognition That

Something Is Wrong,

53 The Slightest Attempt To Improve,

54 Or Even A Slightly Receptive Attitude,

55 Then The Errors Can Be Corrected.

56 One Who Is Frank With His Or Her Teacher And Him Or Herself, Begins To Realize The Nature And Source Of

His Or Her Defects;
57 He Or She Is Soon On The Way To Improving His Or Her Life.

Mine Your Mind For The Jewels Of Your Soul

Scroll Twenty Five
"The Emotions"
(19x3=57)

Lo! First My Children, Allow Me To Give You Knowledge On Emotions,

2 This Knowledge Came From A Divine Scripture,

3 A Scripture, Which Was Received By Me, To Give Unto You,

4 So That Ye May Have Right Knowledge, Right Wisdom, And A Right Overstanding,

Scroll 25:5

Scroll 25:9

5 Which Will Lead Ye Into Sound Right Reasoning,

6 The Science Of NUWAUBU,

7 Which Was Given To You By The ANUNNAQI, The ELOHEEM, The Angelic Beings.

8 The Divine Scripture Is Called The HOLY TABLETS, Where It States;

9 In The First Chapter, The 40-42nd Verse, Which Reads As Thus:

(40) This Is How The Events Of Creation And Pre-Creation Were Recorded; When Life Existed In And Beyond

The Stars. The All Is, Was And Well Be! (41) And Felt Within A Love. A Divine Love That Is Unknown Or Felt By Those Disagreeable Beings, And Thus Emotions Were At The First Birth Of Emotions Was The Birth Of Motion. (42) Things Gradually Began To Move About, And It Was Then That Movement And Motion Was Conceived Out Of Triple Darkness, For The Light Birthed The Chaos.

Scroll 25:10

Scroll 25:25

10 Of All The Emotional Barriers, The Most Devastating Is Anger;

11 The Greatest Enemy Of Peace, For It Is The Most Negative.

12 It Is A Modification Of Lust,

13 For When One's Desires Are Not Gratified, One Becomes Angry.

14 The Mind Then Becomes Confused,

15 Memory And Understanding Is Lost,

16 And Things Are Said And Done Without Awareness Or Control.

17 Anger Does Great Danger To One's Own Physical And Psychic Bodies.

18 As Well As Those Of The Others.

19 The Whole Nervous System Is Shattered By One Fit Of Anger.

20 Occasionally A Spiritual Teacher Expresses A Little Anger Outwardly In Order To Correct A Student,

21 But This Should Not Be Confused With An Emotional Outburst.

22 Though He Or She May Appear Hot And Indignant On The Outside,

23 The True Master Remains Cool Within,

24 For His Or Her Motive Is The Growth Of His Or Her Disciples.

25 Only When Anger Is The Outcome Of Selfish Or Petty Motives Is It Wrong.

Scroll 25:26

Scroll 25:40

26 Anger Is Very Difficult To Control When It Has Been Allowed To Grow And Become Habitual.

27 It Is Most Easily Controlled When It Is A Small Ripple In The Subconscious Mind.

28 One Should Watch The Mind Carefully For Any Signs Of Irritability;

29 Then Control Is No Problem.

30 Frequent Irritation Over Trifling Matters Is A Sign Of Mental Weakness.

31 This Can Be Overcome By Carefully Developing Its Counterforce, The Virtue Of Patience.

32 Just As Heat And Light Can Be Transferred Into Electricity,

33 Anger Can Be Transferred Into Spiritual Energies.

34 All Vices, Unwanted Qualities And Wrong Actions Stem From Anger.

35 When Anger Has Been Controlled, All Others Die By Themselves.

36 Anger Gains Strength With Repetition,

37 And In Checking It One Gradually Strengthens The Will.

38 By Learning To Remain Silent Even In The Face Of Insult And Abuse,

39 It Becomes Easier To Check For Emotion Before They Take Form.

40 Always Speak Moderately And If There Is A Possibility Of A Burst

Scroll 25:40

Scroll 25:57

Of Anger During
Conversation Stop
Speaking And Do
Something Else.

41 Words Should Be Soft
And Arguments Hard,

42 For If The Words Are
Hard They Create
Conflicts.

43 Drinking Cool Water,
Or Taking A Brisk Walk
Are Excellent Aids In
Combating Anger,

44 As In Maintaining
Silence For A Long Time.

45 Smoking,

46 Eating Bad Food,

47 And Drinking Are
Irritants,

48 Which Irritates,

49 And Aggravates The
Problems,

50 And Are Best
Avoided.

51 Family Can Bring Out

The Worst In You.

52 Love Ones Know
How To Get Inside And
Upset You.

53 Don't Argue When
Hungry.

54 If You Except Too
Much Of Others, You
Deserve The Pain Of A
Let Down.

55 Do What You Know
You Can, Don't Try To
Bring Show Off, It Can
Bring You Problems.

56 If You Go Into
Crowded Areas, You're
Bound To Find Trouble.

57 You Are In Control
Of Your Emotions. And
Responsible For Whatever
Happens To You. You
Are Always Where You
Are Suppose To Be. Look
Around You

Scroll 26:1

Scroll 26:12

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty Six
"Fear"
(19x1=19)

Lo! My Child! Fear Is
The Most
Debilitating
Emotion.

2 The Student Must
Always Be Willing To
Risk Everything Including
His Or Her Very Life In
The Quest For Spiritual
Perfection.

3 Timidity Makes One
Absolutely Fearful To
Become A Deity.

4 A Criminal Who Is
Fearless And Totally
Indifferent;

5 And Unattached To His
Or Her Body Is More Fit

For Becoming A Deity
Than A Nervous
Overcautious Person.

6 His Or Her Energies
Only Needs To Be
Rechanneled.

7 Fear Is A Product Of
Imagination,

8 But Nonetheless It
Assumes Real Forms And
Can Be Troublesome In A
Variety Of Ways.

9 Fear Manifests In Many
Shapes, Such As:

10 Fear Of Death, Fear
Of Disease, Fear Of
Solitude, And Fear Of
Company.

11 Taking Hold Of The
Mind, Imagination Works
Havoc And Makes One
Prey To All Sorts Of Fear.

12 Fear Of Public
Criticism Especially
Stands In A Way Of A

Scroll 26:12

Scroll 27:14

Person Striving For
Righteousness In The Face
Of Persecution,

13 One Must Stick To
His Or Her Convictions.

14 Then Only Can One
Grow.

15 Fear Can Be
Overcome By Self-Inquiry,

16 Devotion To A
Higher Cause,

17 And The Cultivation
Of The Opposite Of Fear,

Courage.

18 Positiveness Always
Overcomes The Negative,

19 And Courage Always
Overcomes Timidity.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty
Seven
"Discouragement"

(19x1=19)

Lo! Know Ye,
2 That A Lack Of
Faith Is One:

3 Discouraging,
4 And It Is A Dangerous
Obstacle;

5 In The Path Of
Personal Development.

6 When These Crop Up,
7 The Student Is, In

Danger Of Slackening,
8 His Or Her Efforts,

9 And Giving Up His Or
Her Practice Altogether.

10 This Would Be A
Great Mistake.

11 It Must Be
Remembered That;

12 There Will Always Be
Periods When One's

Progress Is More,
13 Or Less Apparent.

14 Whenever Doubts

Scroll 27:14

Scroll 28:9

Arise,

15 The Student Should At
Once Seek The Company
Of Spiritually Elevating
People,

16 And Remain Under
Their Influence For Some
Time.

17 Conversing With
People Of Firm

18 And Clear Faith,
19 And Practice Clears

All Doubts.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Twenty
Eight

"The Mind Itself"
(19x5=95)

Lo! My Children, By
Now Ye Have
Received

Knowledge About The
Mind,

2 Which, As I Told You
Works With The Brains,

3 This Journey Which
You Are About To Begin,

Is Teaching You About
The Mind Itself,

4 Negative Thoughts
Seem To Assail And

Attack With Doubled
Force,

5 When The Person
Striving For Righteousness

Tries To Rid Him Or
Herself Of Them.

6 This Is The Natural
Law Of The Resistance.

7 Eventually, They Will
Perish,

8 For Negative Thoughts
Cannot Stand Before

Positive Thoughts.

9 The Very Fact That
Undesirable Thoughts

Scroll 28:9

Scroll 28:23

Create A Feeling Of Uneasiness When They Arise,
 10 Indicates Growth And Maturity,
 11 For At One Time These Thoughts Were Welcomed Into The Mind.
 12 However They Cannot Be Driven Out Forcefully Or Suddenly,
 13 Or They Will Turn Against You With Increased Energy.
 14 They Wither Away Of Their Own Accord When The Person Persists In His Or Her Practice With Tenacity And Diligence.
 15 The Mind Must Be Watched Particularly When It Is Relaxed.
 16 Negative Thoughts Must Be Countered Immediately With Positive Thoughts,
 17 For Ill Thoughts Are Destroyed By Good Thoughts.
 18 Just As It Is Easiest To Stop An Intruder At The Gate,
 19 So It Is Easiest To Check A Negative Thought As Soon As It Arises.
 20 It Can Be Nipped In The Bud By Sustained Spiritual Practice,
 21 Good Actions And Awareness Of The Misery Which Arises From Negativity.
 22 Hatred, Like Anger, Is One Of The Fiercest Foes Of The Serious Student.
 23 Like Greed Or Lust, It Is Insatiable.

Scroll 28:24

Scroll 28:38

24 Though It May Temporarily Subside,
 25 It Can Burst Out Again With Redoubled Force.
 26 It Is Like A Contagious Disease Which Infects One Person After Another.
 27 Contempt, Prejudice And Ridicule Are All Various Modes Of Hatred.
 28 Infatuation And Attachment Are Serious Obstacles Because They Are Subtle As Well As Powerful.
 29 When Millions Of People Are Killed During A War, A Mortal Man Does Not Weep,
 30 Yet He Or She Weeps When His Or Her Spouse Dies.
 31 This Is Because Infatuation Creates The Idea Of "Mine,"
 32 And The Greater The Attachment, The Greater The Pain.
 33 When A Person Speaks Of "My Wife, "My Son", Or "My Home",
 34 He Or She Reveals An Attitude Of Separation From The Rest Of Humanity.
 35 So Long As There Is Identification With The Ephemeral Physical World,
 36 Little Progress Can Be Made On The Path Of Becoming A Child Of The Eloheem.
 37 Greed, Which Is Closely Linked With Infatuation, Is Insatiable, And It Agitates The Mind.
 38 Even Though An

Scroll 28:38

Scroll 28:59

Enosite May Be A
 Millionaire,
 39 He Or She Schemes
 To Become A Billionaire.
 40 Greed Assumes
 Various Subtle Forms.
 41 If A **Mortal Man**
 Thirsts For Name And
 Fame,
 42 This Also Is Greed.
 43 Infatuation,
 Attachment And Greed
 Are Destroyed By
 Vigorous Self-Inquiry,
 44 Prolonged Meditation
 And Constant Spiritual
 Practice.
 45 Another Impediment
 To Perfection Is Memory,
 46 Or Recalling Past
 Events.
 47 To Overstand This,
 48 Assume For A
 Moment That One Is
 Meditating;

49 In A Solitary Country
 Setting.
 50 If Memories Of A Past
 Holiday In New York
 Arise,
 51 And The Mind Is
 Allowed To Dwell On
 Them,
 52 For The Moment;
 53 One Will Actually Be
 Living In New York.
 54 In A Past Time.
 55 This Applies Also To
 Daydreams.
 56 Looking Back To Past
 Experiences Gives Life To
 The Memory-Picture,
 57 Reinforces It And
 Pulls The Mind Away
 From Its True Nature.
 58 A God Never Looks
 Back.
 59 This Does Not Mean
 Don't Reflect On The
 Goods Of The Past.

Scroll 28:60

Scroll 28:81

60 In Fact,
 61 Listening To Music Of
 When You Were A Child;
 62 And You Remember
 Your Mom Or Dad,
 63 Your Grandmom Or
 Granddad Singing,
 64 Or Listening To The
 Oldies; Of Their Time,
 65 The Sound Waves
 Will Re-Activate Dead
 Brain Cells.
 66 It's One Of The Keys
 To Rejuvenation,
 67 Or The Fountain Of
 Youth.
 68 Get Those Old
 Records Out,
 69 Put Them On,
 70 Tape Play Them,
 71 And Reflect On When
 You Were A Child, Full
 Of Health.
 72 It Will Give You New
 Found Feelings Of Youth.

73 It Will Actually Make
 You Younger In Heart,
 Body
 74 And Mind.
 75 And The Total
 Opposite For Those
 Elders Who Listen To
 This New Music,
 76 It Will Remind You
 Of Your Age And Speed
 Your Death.
 77 For Aspirants
 Traveling The Spiritual
 Path;
 78 And Dedicating All
 Action To El Eloh, The
Most High,
 79 There Is No Greater
 Crime Than Using
 Religion,
 80 To Take Advantage Of
 Trusting People.
 81 In Fact Religious
 Hypocrisy Is Much Worse
 Than Ordinary

Scroll 28:81

Scroll 29:5

Hypocrisy.
 82 For The Religious Hypocrite Makes A Mockery Of Spirituality,
 83 And The Supreme Being As They Call God,
 84 That Is Called By Many Names,
 85 By Different Religious Denominations.
 86 Allah To The Muhammadans,
 87 Theos To The Christians,
 88 Yahweh Or Hashem To The Hebrews,
 89 Krishna To The Hindus, Etc.
 90 He Or She Needs To Undergo A Long;
 91 And Drastic Course Of Treatment,
 92 Imposed Upon The Mortal Man By Somebody Else,

93 For He Or She, Is Too Egotistic,
 94 And Devious To Apply Self-Cure,
 95 Or Even To Want It.

Mine Your Mind For
 The Jewels Of Your Soul

Scroll Twenty Nine
 "Complications Of Daily Life"
 (19x2=38)

Lo! Unfavorable Environments,
 2 Uncongenial Atmospheres,
 3 And Other Obstacles Do Not Necessarily Lead To The Defeat Of One's Efforts.
 4 Rather,
 5 They Can Serve As Trials,

Scroll 29:6

Scroll 29:23

6 And Aids In The Development Of Such Strong Powers As Discrimination,
 7 Empathy, Will, And Endurance.
 8 On The Other Hand,
 9 Undesirable Company Is Highly Disastrous,
 10 For Such Contact Fills The Mind With Useless Ideas, Hate, Racism, Sectism Etc.
 11 To Avoid Being Pulled Into Negativity,
 12 The Righteous Person Should Protect Him Or Herself Carefully From Any Distracting Influences.
 13 People Who Lie And Steal,
 14 Or Are Greedy,
 15 Or Indulge In Backbiting,

16 And Pass The Time With Idle Gossiping;
 17 Have No Place In The Life Of Righteous Person. The Elder Use To Say: The More You Notice A Monkey, The More It Will Clown. Avoidance Is Safe. Avoid Those Disagreeable.
 18 The Healthiest Approach;
 19 Is To Strictly Avoid Them.
 20 The Term Undesirable Company Includes More Than Just People;
 21 It's Anything That Gives Rise To Negative Thoughts, Like Bad Music, Dangerous Sports,
 22 All Negative Vibrations.
 23 Rowdy Surroundings, Dark Parties, Gangs, The Wrong Places To Be,

Scroll 29:24

24 War, Murder, Books,
And Tapes With Lots Of
Killing And Lust,
25 And Songs That
Create Discontent,
26 Movies And Television
Programs Centering On
Violence And Sensuality,
27 All Lead The Mind
Astray And Fill It With
Desires It Would Not
Normally Have.
28 One Should Even
Consider Curtailing The
Reading Of Some
Newspapers,
29 For Their Intent,
30 As Well As Effect;
31 Is To Tantalize The
Mind With Waves Of
Unrest,
32 And Sensationalism.
33 All These Distractions
Draw The Mind Outward;
34 Rather Than Focus It

Scroll 30:5

Inward.
35 They Foster The
Illusion;
36 That This World Is A
Solid Reality,
37 And Obscure The
Supreme Truth,
38 Which Underlies All
Name And Forms.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Thirty
"Stumbling Blocks And
Stepping Stones"
(19x1=19)

Lo! Ye Mortals Must
Watch Your Mind
Very Carefully,
2 Be Vigilant.
3 Be On The Alert.
4 Do Not Allow The
Waves Of Irritability,
5 Jealously,

Scroll 30:6

6 Hatred
7 And Lust To Disturb
You.
8 These Evil Waves Are
Enemies Of Peaceful
Living,
9 Meditation,
10 And Wisdom.
11 The Obstacles And
Stumbling Blocks On The
Path Of Righteousness,
12 Can Be Easily
Overcome Once An
Intelligent,
13 And Comprehensive
Overstanding Of Them
Has Been Reached.
14 One Should Always
Bear In Mind That
Failures Are But Stepping
Stones To Success.
15 One Must Train The
Mind Properly
16 And Not Be
Discouraged,

Scroll 31:4

17 For The Journey To
Perfection Was Never
Completed;
18 Through One Shadow
Hour,
19 Which Ye Call Night.

Mine Your Mind For
The Jewels Of Your Soul

Scroll Thirty One
The Other Side Of
Tiamat (The Planet
Earth)
(19x3=57)

Lo! Ye Mortals Have
No Knowledge Of
What Exists On
The Other Side Of
The Planet,
2 Which Ye Call Earth.
3 One Reason, Is Because,
4 Most Of Ye Don't Care

Scroll 31:4

Scroll 31:14

About Anything Except
What Is In Your
Immediate Presence,

5 This Is One Of The Bad
Qualities That Ye Mortals
Carry.

6 Existence In The
Physical Body Is But A
Flash In The Life Of A
Soul.

7 The Brevity Of Earthly
Life Becomes More
Apparent The Older A
Person Gets.

8 As The Seeker
Progresses On The Path
Of Righteousness,

9 He Or She Begins To
Realize That All Of
Existence Is A Spiritual
Experience.

10 The Only Purpose Of
Moving In And Out Of
Physical Bodies Is To
Advance Toward

Perfection.

11 Death Is Simply
Another Spiritual
Experience Or Phase
Through Which The Soul
Passes. It Is Also A
Sickness That Can And
Will Be Cured.

12 During That Period
Of Transition Referred To
As "Death" The Body
Ceases To Perform The
Life Functions, It's Sick.

13 The Physical Body Is
Of The Gross Earth Plane,

14 For It Comes From
And Is Composed Of The
Elements Of The Earth.
So The Cure Is Also Here.

True Age Should Be 120
Years Of Earth Time For
This Body (*Genesis 6:3*).
Bad Food, Air, Water And
Thinking Is Why It Ends
Before 120 Years.

Scroll 31:15

Scroll 31:24

15 Having Served Its
Purpose, It Returns To
The Earth, But When And
How One Dies Is The
Key. Even God Or
Yahuwa, Or Allah Has A
Time. For It Says Each
Day To The Lord Yahweh
Is Like One Thousand
Years. (*Psalms 90:4, 2*, Uses
The Word Eleph (עלף) For
1000, And *Peters 3:8*,
Which Uses The Greek
Word **Khil'ee-oy** (Χίλιοι)
For 1000 And The
Koo-Ree-Os (Κυριος) For
Lord, Or Master And Also
The *Koran 32:5*, Which
Uses The Syriac Arabic
Word Alf (الف) For 1000)
So He Does Have Time,
1000 Years Is One Day To
God, So He To Has A Life
Span As The Beginning
And The Ending.

16 And The Soul
Separates To Exist On
Other Planes.

17 Earthly Existence Is
But A Fraction Of The
Experience Of The Soul.

18 Every Person Has
Three Bodies-

19 The Physical Body,
20 The Astral Body, And
The Causal Body.

21 His Or Her Own
Trinity.

22 The Physical Body Is
Also Called The Food
Sheath,

23 For It Is Composed Of
What Is Eaten,

24 And At The End Of
Life It Returns To The
Food Cycle.

25 The Astral Body Is
Composed Of The Vital
Sheath, Which Contains
All The Energy;

Scroll 31:26

Scroll 31:38

26 The Mental Sheath, Which Contains All Emotions And Desires; Life Span Is 1000 Years As The Lord Or Lords Eloheem.

27 And The Intellectual Sheath, Which Performs The Functions Of Analyzing The Thinking.

28 The Causal Body Is Made Up Of The Bliss Sheath, For Its Nature Is Pure Bliss.

29 The Astral Body, Which Interpenetrates And Extends Six To Eight Inches Beyond The Physical Body,

30 Where It Is Frequently Called The "Haalah Or Aura."

31 The Physical Body Is The Vehicle Of The Astral And Causal Bodies,

32 While The Soul Is Incarnate On Earth In Order To Learn The Lesser.

33 When Death Comes, The Astral Body, With The Ether,

34 The Mind, Memories, Past Impressions Or Thought Waves,

35 And The Senses Which All Exist In The Astral Body Separate From The Physical Body

36 And Move Out Of The Earth's Plane To Higher Planes, Not Merely A Higher Place But Also To Higher Levels Of Vibration.

37 Where Other Types Of Knowledge Are Gained.

38 When Death Actually Occurs, The Soul

Scroll 31:38

Scroll 31:51

Accompanied By The Astral Body Departs From The Physical Body, To Spare Its 1000 Year Life.

39 And Travels To Different Planes According To Its Gadur, Meaning "Fate".

40 The Results Of Good Gadur Maybe The Enjoyment Of Heavenly Surroundings,

41 While Negative Gadur Earns Unpleasant Experiences Beyond The Physical Plane.

42 After Leaving Physical Life,

43 The Soul's Experiences, Correspond To The After-Life He Or She Has Come To Expect.

44 The Plane To Which The Soul Travels Is Most Influenced By The Last

Thought, 45 Prior To Death Which Is Determined By The Types Of Thought,

46 Which Predominate Throughout A Person's Life.

47 There Can Be No Doubt That Heaven And Hell Exist.

48 Both Here And Elsewhere Although These Are As Much A State Of Mind As A Solid Reality.

49 An Enosite Who Has Been Selfish, Greedy Or Brutal In His Or Her Dealings With His Or Her Fellows,

50 Will Exist On A Lower Plane Where They Must Face The Memory, And The Gadur Effect Of Those Deeds.

51 One Who Has Lived A

Scroll 31:51

Virtuous Life Travels To
A Higher Plane To Other
Planets, Where The Soul
Will Have But To Think

Of That Which It Wants,
52 And To Desire Will
Automatically Manifest
From His Or Her
Thoughts.

53 But Those Who Have
Transcended The Idea Of
Heavenly Rewards, Who
Overstand The Nature Of
Birth And Rebirth,

54 And No Longer
Wishes To Partake Of The
Endless Round Of
Material Pleasures And
Pains, Travel To Even

Scroll 31:57

Higher Planes On To
Other Worlds,

55 Where Everything Is
Of A Purer And Lighter
Vibration.

56 There Is Still Pleasure,
For These Souls Will Have
Accumulated Much
Agreeable Gadur.

57 But The Experience Is
A Learning One. This Is
The Workings Of The
Mind. (Ye Must Seek Out
The Scroll, Is There Life
After Death? Scroll #124,
For In It, I Give You The
Knowledge And Wisdom
Of Death, And What
Happens On The Other
Side Of Life).

*Mine Your Mind For The Jewels
Of Your Soul*

THE GLOSSARY OF
TERMS

A'gul- A-Gool, Nuwaubic,
"Mind."

Allah- Al-Laah, Ashuric
Syriac/Arabic, "The Source."

Anu- A-Noo, Sumerian, "The
Heavenly One."

Anunnaqi- Anu-Naa-Kee,
Cuneiform, "Those Who Anu
Sent Down To Earth."

Daniel- Dan-Nee-El,
Ashuric/Syriac Arabic, "Allah
Is My Judge."

David- Da-Wuud, Ashuric
Syriac Arabic, "Beloved,"
Dawiyd, Aramic Hebrew,
"Loving."

Eloheem- Elo-Heem,
Aramic/Hebrew, "These
Beings."

Enosite- Enos-Ite
Aramic/Hebrew, "Human
Beings, Mortal Beings."

Gabriy'el-Jib-Raa-Eel,
Ashuric/Syriac Arabic, "One
Who Come Forth, Prevailing
For El," Aramic/Hebrew,
"Messenger Of El."

Gadur- Ga-Door, Nuwaubic,
"Fate."

Humim- Hoo-Meem,
Rizqiyan, "Animal."

Malaaikat- Ma-Laa-Ee-Kaa,
Ashuric/Syriac Arabic,
"Messengers Or Rulers."

Naasuwt- Naa-Soot,
Ashuric/Syriac Arabic,
"Abode Of The Humans."

Tammuz- Tam-Mooz,
Sumerian, "Sprout Forth,
Sprout Of Life."

Thut- Thoot, Nuwaubic,
"Ego."

Yahuwah- Ya-Hu-Wah,
Ashuric/Syriac Arabic, "Oh
He Who Is Who He Is."

Yashua- Ya-Shoo-A,
Aramic/Hebrew, "Savior."

Thoughts About The Mind

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